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Girls It's Time For A Change: The Girl's Guide To Puberty

Joan Patsy Reid

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Girls It's Time For a Change is an incredible resource for girls entering puberty and starting their periods. Whether they've already begun their period, or are impatiently waiting, every question they could possibly have is answered with great care and warmth by author Joan Reid. Chock-full of information and covering a multitude of topics, this book is a lifesaver for parents and caregivers of prepubescent daughters. Let's face it. Menstruation is a touchy subject, yet something that cannot be avoided. While one child may be anxiously waiting for the day she starts, another may be full of trepidation and fearful of the changes to come. No worries. The answers are here. Inside you'll find chapters that cover: • The Reality • Developmental Changes • Personal Hygiene • What to Wear • Who to talk to • Tips on which sanitary products to use • And so much more Menstruation is a multi-faceted condition, with symptoms ranging from irritability and discomfort to mood swings and migraine. Your daughter doesn't have to face it alone. Not only does the book's content address the emotional aspect of a girl period, it comes complete with diagrams and full-color graphics to clearly explain the physical transformation. Girls It's Time For a Change is a book every girl needs to have in her library. In addition, it includes a Period Planning Calendar and a Diary for keeping track of her feelings throughout the month. For even more information, she'll be encouraged to visit www.girlsitstimeforachange.com, a website created as a companion to the book.

Suiitable for ages 9-15 yrs

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Girls It's Time For A Change: The Girl's Guide To Puberty can be one of your beginner books that are good idea. We all recommend that straight away because this book has good vocabulary which could increase your knowledge in words, easy to understand, bit entertaining however delivering the information. The writer giving his/her effort that will put every word into pleasure arrangement in writing Girls It's Time For A Change: The Girl's Guide To Puberty nevertheless doesn't forget the main stage, giving the reader the hottest and also based confirm resource info that maybe you can be one of it. This great information can certainly drawn you into fresh stage of crucial thinking.

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