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Product details Age

Range: 9 - 12 years

Grade Level: 4 - 6

Paperback: 148 pages

Publisher: Applesauce

Press; Revised,

Updated edition (July 4,

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2017) Language:
English ISBN-10:
1604337141 ISBN-13:
978-1604337143
Product Dimensions: 7
x 0.4 x 10.2 inches
Shipping Weight: 14.9
ounces (View shipping
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exercise to self-image. It gives necessary information but doesn't go into too much detail on sensitive topics. Certain sections may still need a parent's approval.

The Care & Keeping of You: The Body Book for Girls by ...

Zoë is sharing everything she learned about puberty in The Girls Body Book. It's a great way to teach girls

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about the changes
they will encounter

Girl Talk: The Girls Body Book

Girls will find age-appropriate answers to questions about their changing bodies, from hair care to healthy eating, bad breath to bras, periods to pimples, and everything in between. And once she feels comfortable with what's happening,

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she'll be ready to move on to the The Care & Keeping of You 2! Paperback. 104 pages. SKU#: F2032

The Care and Keeping of You 1 | Truly Me | American Girl

Our best-selling body book for girls just got even better! With all-new illustrations and updated content for girls ages 8 and up, it features tips, how-tos,

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and facts from the experts. (Medical consultant: Cara Natterson, MD.)

The Care and Keeping of You: The Body Book for the Younger ...

Parents need to know that The Care and Keeping of You 2: The Body Book for Older Girls is a concise yet detailed guide for girls going through puberty. Written by pediatrician

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Cara Natterson, it's the sequel to American Girl's companion book for younger girls. The book does not touch on sexual behavior: It doesn't explain intercourse, address sexually transmitted infections, discuss choices about sexual activity, or reference hetero or same-sex relationships.

**The Care and
Keeping of You 2:**

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The Body Book for Older Girls

through are preparing your body for reproduction (having children). Your body changes and the way you look at the world will likely change as well. Puberty is a gradual thing and everyone goes through it. Puberty happens to you even while you are getting your homework done, swimming at the beach, or going to the

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movies. It is the body's

Girls and Puberty - WA Health

Increased body fat is also a normal part of puberty. "You may go from 8% to 21% body fat," says Kathy McCoy, MD, a psychiatrist who co-wrote The Teenage Body Book and who was a columnist for...

A Girl's Changing Body: What Happens

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New Book The Care
and Keeping of You 2:
The Body Book for
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A beautiful picture
book about the journey
of a girls body during
puberty and growing
up. The impact those
changes on the outside
can have on our
insides. It stresses the

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importance of self acceptance. Also, practicing self care and self love should start sooner rather than later, and should be part of your life routine.

Love Your Body by Jessica Sanders - Goodreads

Product Description. .
The Ultimate Body
Book for Girls answers
all those awkward
questions that girls

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have about their changing bodies and more, mixing fun with great advice for growing girls. Written by Dr. Walt Larimore, an award-winning family physician, and bestselling author, and Dr. Mari Wohlever, this book emphasizes the need for girls to communicate their questions and feelings with a trusted adult.

The Ultimate Girls'
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Body Book: Not-So-Silly Questions ...

From the author of our bestselling Care & Keeping Of™ series!

This book is full of advice, tips, and facts from a pediatrician about how the body changes. Boys will find age-appropriate answers to questions about voice changes, acne, bad breath, shaving, and everything in between. 112 pages, Paperback.

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Author: Dr. Cara
Natterson. SKU#:
FGM82

Guy Stuff: The Body Book for Boys | American Girl

In this video I show you
some books that we
have used for talking
about where babies
come from and about a
girl's changing body.
The Wonderful Way
Babies are...

Review: Babies,
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The Girl Guide dives into some topics in-depth, like the section on menstruation. But most of the time Ibrahim hopscotches all over, bouncing from how to handle inappropriate attention

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to embarrassing poops, gender identity, fashion, yeast infections, UTIs, and drugs and smoking.

The Girl Guide: 50 Ways to Learn to Love Your Changing Body

COVID-19 Updates and Resources Rittenhouse is here for you. During this period when we are all challenged with supporting new methods of teaching,

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learning, and living, Rittenhouse has solutions that can assist you and your patrons with these needs.

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Celebrate Your Body 2:
The Ultimate Puberty
Book for Preteen and
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