

# File Type PDF The Period Book A Girls Guide To Growing Up

## The Period Book A Girls Guide To Growing Up

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The Fatherly Book Club Shenelle and Gennelle: The Period Book Secret Girls Business by Fay Angelo, Heather Anderson /u0026 Rose Stewart Kids Talk Periods Wonder Years Wednesday - Book Reviews: Periods for Girls giving my sister THE talk!!! \*periods + puberty\* The Period Book A Girls The Period Book will help guide you through all the physical, emotional, and social changes that come with your period, as well as related issues like dealing with pimples, mood swings, and new expectations from friends and family. Debbie Palen's funny and sympathetic cartoons ease the confusion and exasperation you might feel, and celebrate the new sense of power and maturity that your period can bring.

~~The Period Book: A Girl's Guide to Growing Up: Gravelle ...~~  
The Period Book will help guide you through all the physical, emotional, and social changes that come with your period, as well as related issues like dealing with pimples, mood swings, and new expectations from friends and family. Debbie Palen's funny and sympathetic cartoons ease the confusion and exasperation you might feel, and celebrate the new sense of power and maturity that your period can bring.

~~The Period Book: A Girl's Guide to Growing Up (But Need to ...~~  
Complete with charming and informative interior illustrations, The Period Book is a trusty friend that can help girls feel confident about this new phase of their lives. • Author: Karen Gravelle, Jennifer Gravelle • ISBN:9781619636620 • Format:Paperback • Publication Date:2017-06-20

~~The Period Book : A Girl's Guide to Growing Up (Paperback ...~~

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The book outlines the changes which young girls go through as they mature, and discusses the various things which happen, both mentally and physically, as they approach their first period. It covers the options young women have to deal with their period, what to do if there are problems, how to talk to your parents about it (and listen to them try to talk to you!), and has a list of "What If..."

~~The Period Book: Everything You Don't Want to Ask (But ...~~  
The Period Book: A Girl's Guide to Growing Up (written by Karen Gravelle, illustrated by Debbie Palen) is a ~130 page book aimed at providing preteen girls with straightforward answers to questions about puberty. And it does so exceedingly well.

~~The Period Book: A Girl's Guide to Growing Up by Karen ...~~  
THE PERIOD BOOK: A GIRL'S GUIDE TO GROWING UP details the physical and emotional ways girls change as they go through puberty, particularly when they get their period. It starts by describing obvious external changes, such as growing breasts and pubic hair, and then explains internal changes.

~~The Period Book: A Girl's Guide to Growing Up Book Review~~  
Period.: A Girl's Guide Paperback – Illustrated, January 1, 2001. by JoAnn Loulan (Author), Bonnie Worthen (Author), Marcia Quackenbush (Illustrator), Chris Wold Dyrud (Introduction) & 1 more. 4.5 out of 5 stars 149 ratings. See all formats and editions. Hide other formats and editions.

~~Period.: A Girl's Guide: Loulan, JoAnn, Worthen, Bonnie ...~~  
6 First Period Books You Need to Read With Your Daughter  
1. The Period Book: A Girl's Guide to Growing Up via Amazon  
Buy it from Amazon Times have changed since I was a kid,

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and... 2. The Care and Keeping of You: The Body Book for Younger Girls via Amazon Buy it from Amazon Revised since I read ...

## ~~6 First Period Books You Need to Read With Your Daughter~~

...

This new revised edition of the bestselling book, *The Period Book*, covers everything that young girls need to know about puberty, menstruation, and changing bodies. Taking into account the experiences of preteen girls, author Karen Gravelle takes a straightforward and friendly approach and provides answers to all the questions about periods and also advises girls on how to talk to their parents about it.

## ~~11 Best Puberty Books For Girls Of 2020 - MomJunction~~

THE PERIOD BOOK by Karen Gravelle This book for older girls tells them everything they need to know about puberty, periods and growing up. It was updated mid... THE PERIOD BOOK by Karen Gravelle...

## ~~THE PERIOD BOOK by Karen Gravelle - YouTube~~

Give this straightforward treatment of menstruation a warm welcome. With the help of her 15-year old niece, Karen Gravelle hits her mark with this accessible guide for adolescent girls. In a friendly, chatty manner, Gravelle explains the external and internal changes of puberty.

## ~~Karen Gravelle - The Period Book: A Girl's Guide to Growing Up~~

It tells you what happens and when, what you need to know and how to prepare. It answers all the questions girls are dying to ask, but aren't, in a clear, friendly way, using real-life examples. It's the perfect first book about periods for girls from primary school age and upwards, with a

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reassuring tone and fun, quirky illustrations.

~~Girls Only! All About Periods and Growing-Up Stuff: Amazon~~

...

periods? This book will help you understand your body and bust the myths and rumours around periods. This book is for adolescent girls and young women. It will give you answers to some of the questions that you may have about having periods. It will help you understand what it means for a girl to start having periods and how to practice

~~ABCs girl of being a~~

Breezy, contemporary, and fun, The Period Book is fast becoming a classic for every girl on her way to puberty. The book delves into all the issues girls wonder about, and even has a section to help get them through the dreaded parent/child sex talk. Another section answers "what if" questions, helping ease girls' anxieties about a number of potentially embarrassing situations, without having to ask.

~~Helpful Resources for Girls Going Through Puberty~~

Naama Bloom is author of "The Guide, Period." And so she decided to write a book, "The Guide, Period." out this week in the United States, aimed at girls who are close to or are going through...

~~The puberty book that's about more than a girl's period~~

Discover the root cause of your symptoms + powerful steps to balance your hormones naturally in my FREE Fix Your Period Quickstart Kit 7 Day E-Course!

~~Nicole Jardim - Women's Health + Functional Nutrition Coach~~

The Period Book: A Girl's Guide to Growing Up (Paperback)

# File Type PDF The Period Book A Girls Guide To Growing Up

Published June 20th 2017 by Bloomsbury USA Childrens  
Paperback, 176 pages Author(s): Karen Gravelle, Jennifer  
Gravelle, Debbie Palen (Illustrations) ISBN: 161963662X  
(ISBN13 ...

~~Editions of The Period Book: A Girl's Guide to Growing Up ...~~

A good book for girls starts by being a good book, period. Books with rich language, evocative storytelling, that touch upon universal themes of courage or friendship or honesty or love are suitable for readers of both sexes. That ' s why just as many girls loved the Harry Potter series, for instance, as boys.

Celebrating over twenty years in print, this best-selling, essential illustrated guidebook for adolescent girls is now available as a refreshed edition, with new and updated content. With over 400,000 copies sold, this appealingly illustrated guidebook to puberty--now updated with new content relevant to today's kids--is the perfect companion for girls and parents preparing for this important milestone. Written in consultation with preteen girls, this guide offers a supportive, practical approach, providing clear and sensitive answers to common questions on periods, as well as advice dealing with pimples and mood swings. This revised edition features new sections on: - getting braces - bra sizing - shaving - relatable anecdotes from real girls - changing friendships - romantic feelings - dealing with sexual harassment both on social media and in real life Complete with charming and informative interior illustrations, The Period Book is a trusty friend that can help girls feel confident about this new phase of their lives.

"Information and anecdotes about puberty, for girls, from

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the founder of the popular website HelloFlo.com"--

Your period is nature, beautiful, inspiring, nature. Reading this book will help uncover how periods have been kept in the dark, and by the end you will find yourself closer to feeling The Moon In You. You will go on a journey that happens inside of you, a story that unfolds as you realize--your period is a rite of passage. See more at [www.littleredslibrary.com](http://www.littleredslibrary.com)

Puberty comes with a lot of changes. The Period Comic (An Illustrated book) will help girls understand and learn about such changes in their bodies in a fun, easy and intriguing way as they continue to grow, whilst building their self-confidence. For many girls, puberty can be an uncertain time. The Period Comic includes everything girls need to know about growing breasts, acne or pimples, their periods, hair in private areas, feelings, nutrition, managing period cramps, preparing for your first period, period poverty, and so much more. This book has practical steps to guide them as they learn about the amazing changes happening in their bodies during puberty and beyond! Among puberty and period books for girls, The Period Comic offers encouraging support while answering real questions that girls have about puberty. Positive, judgment-free, and medically accurate, this book discusses puberty in a way that young girls can relate to. The book was medically reviewed by an experienced gynecologist. The Period Comic is a thrilling and engaging story of three friends on an intriguing weekend of discovery, where they discover and learn about their bodies, puberty and periods. It fun filled and easy for young girls to relate to. Though, they are from diverse cultural backgrounds, one thing they share in common is the changes happening in their bodies as they grow. The

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Period Comic offers vital insight such as: -Easy to understand and relatable- The Period Comic explains periods (menstruation) in a practical and easy way that young girls can relate with. It fun filled, the comic eases the anxiety and numerous questions about periods. The story involves practical tips and have been illustrated using beautiful characters with great personalities.-An overview of puberty that explains what happens, when it happens, and how she'll know-Explanations of changes in body, mood etc. Also, how to confidently approach these changes that occur in puberty -Medically Accurate: reviewed by an experienced gynecologist. -Practical tips and advice for navigating different situations during puberty from understanding growth spurts to managing periods and menstrual hygiene -Leave girls feeling informed, empowered, and ready for the changes that lie ahead.-Properly researched: Information in this book was informed by intensive research and experience garnered over the years of working with young girls and women in different communities and documentary of their experiences regarding periods.

REVIEWSWow!! The Period Comic is amazing. It is so easy to understand. I can identify with some of the things described in the book. I particularly love the fact that is in a comic format. I love the characters in the book. I have told my friends about the book and they can't wait to get their copies.

A 11years (United Kingdom)I could not drop The Period Comic once I started reading it. It is interesting and engaging. I love it! Thank you for letting me read this. It is so much fun and easy to understand. I can totally relate with the illustrations.

Dee 13 years (UK )This book is so amazing. It is just incredible. The book was supposed to help my daughter, but I read it as well and I am just blown away. I have learnt some things and it sure makes explaining periods to my girl so easy. Thank you.

Mrs O (UK)

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Get the Paperback AND GIFT SOMEONE TODAY This puberty book for girls ages 8, 9, 10 and up is written to guide american girls who will be experiencing their first period. a period book for growing up gils guide to growing up hormones and becoming a woman. Growing up comes with lots of changes . Some of these continue all through the teenage years to adulthood. Help a young girl get through these hormonal and emotional changes easily. When you get a copy of my first period book, and you sit down reading and digesting teh information contained in it, you will find out that it addresses the major concerns every young girl goes through during puberty. Now you can teach your daughters menstrual cycle and reproductive health without the use of vulgar or negative words. An easy to read menstrual cycle books for girls.sex education now simplified as ABC. if you have been looking for an easy approach to these topic sex education for 6 year olds kids and middle school students then this book is your answer. Parents should read this and get a copy for the girl they love. School teachers and guidian counsellors will also find it helpful. Get a paperback and Receive the eBook free. **CLICK THE ORDER BUTTON TODAY.** Give that girl a chance to be informed and prepared **BUY THIS BOOK NOW**

Discusses the physical and psychological changes at the onset of menstruation. Includes a guide for parents and teachers.

This period book for young American girls is a book talks to teens in their own language, it stresses important points on the subject that is first and foremost in the minds of adolescent boys and girls: Sex. The Separate chapters as compiled by the author talks about girls Stuff and all about

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their body changes that occur during growing up, Do you have a teen or young girl and require more open discussions about male and female genitals, how they feel, and how they function. Look no further .the Chapters that follow discuss typical pre-teens and teens face problems, as well as those entirely new feelings with emotions that come with sexual development. The Author offer tips on making it through those sometimes exciting, growing up years. Learn how to deal with crushes, controlling parents, pimples, kissing, dating, hormones, menstruation, sexual activity, condoms, contraception, pregnancy, STDs, sexual impulses, and more. Empower yourself and your teens. protecting yourself online by maintaining a positive body image, healthy mental health, sexual orientation, gender identity, and more. GRAB A COPY TODAY CLICK THE BUY NOW BUTTON Help that lovely girl to be focused . This period book for young American girls is a book talks to teens in their own language, it stresses important points on the subject that is first and foremost in the minds of adolescent boys and girls: Sex. The Separate chapters as compiled by the author talks about girls Stuff and all about their body changes that occur during growing up, Do you have a teen or young girl and require more open discussions about male and female genitals, how they feel, and how they function. Look no further .the Chapters that follow discuss typical pre-teens and teens face problems, as well as those entirely new feelings with emotions that come with sexual development. The Author offer tips on making it through those sometimes exciting, growing up years. Learn how to deal with crushes, controlling parents, pimples, kissing, dating, hormones, menstruation, sexual activity, condoms, contraception, pregnancy, STDs, sexual impulses, and more. Empower yourself and your teens. protecting yourself online by maintaining a positive body image, healthy mental health,

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sexual orientation, gender identity, and more. GRAB A COPY TODAY CLICK THE BUY NOW BUTTON Help that lovely girl to be focused .

Offers advice on talking about the physical changes that accompany adolescence

The companion to our bestselling book, *The Care & Keeping of You*, received its own all-new makeover! This updated interactive journal allows girls to record their moods, track their periods, and keep in touch with their overall health and well-being. Tips, quizzes, and checklists help girls understand and express what's happening to their bodies - and their feelings about it.

This frank, funny guide to getting your period gives preteens all they need to master—and even celebrate!—menstruation. Getting your period for the first time can be mortifying, weird, and messy—and asking questions about it can feel even worse. But it doesn't have to be that way. This taboo-free guide is packed with honest advice and big-sisterly wisdom on all the things girls need to know: from what cramps feel like to whether you can feel blood coming out, /to what you should do if your pad leaks onto your clothes. *Welcome to Your Period* includes case studies, first-person accounts, questions from real teens, and answers from health journalist Yumi Stynes and adolescent health specialist Melissa Kang, MD. Cheerful illustrations keep the tone fun, and help with how-tos on different period supplies. There are even suggestions for throwing a first-period party. With its inclusive, body-positive message, pocket size, and reassuring vibe, this must-have menstruation manual will make girls feel not only normal but proud.

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