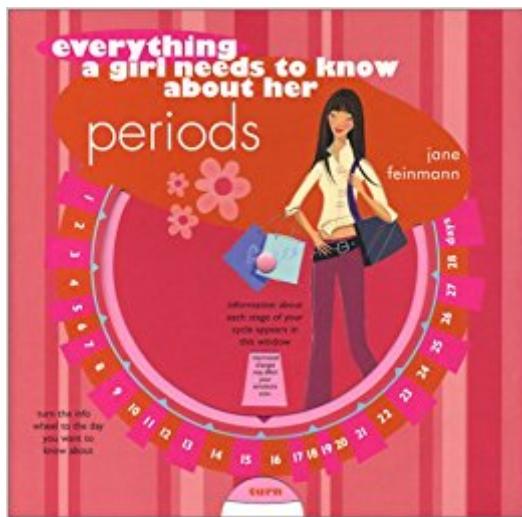


The book was found

# Everything A Girl Needs To Know About Her Periods



## Synopsis

Everything A Girl Needs To Know About Her Periods is an informative and interactive book to guide a girl through the changes that accompany her menstrual cycle. The book's contemporary look and down to earth writing style offers an accessible way to provide accurate, easy-to-grasp information about puberty and the menstrual cycle. Organized into three sections; Body Basics, Monthly Cycle Overview and Common Concerns, the book addresses everything from "Why do I have a period?" and "How do I use a tampon?" to "What if my periods aren't regular?" and "What is an internal exam?". The cover includes a discreet calendar to record menstrual dates, as well as a wheel that gives a day-by-day explanation of the cycle. Everything A Girl Needs To Know About Her Periods is a book that parents and advisors will feel comfortable giving to young women to help them understand their periods, reduce their anxiety, and feel more in control of their lives.

## Book Information

Paperback: 144 pages

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Product Dimensions: 6.7 x 6.2 x 0.6 inches

Shipping Weight: 11 ounces

Average Customer Review: 4.5 out of 5 stars See all reviews (6 customer reviews)

Best Sellers Rank: #1,669,344 in Books (See Top 100 in Books) #70 in Books > Teens > Personal Health > Maturing #1146 in Books > Parenting & Relationships > Parenting > Parenting Girls #2061 in Books > Parenting & Relationships > Parenting > Teenagers

## Customer Reviews

I was looking for a contemporary and fun way to talk with my daughter about menstruation. I wanted facts, I wanted science, I wanted something that she could use, not a book that would talk down to her or one that would sit on her shelf. The presentation of the book appeals to her. She likes getting quick, at-a-glance info on the front cover wheel about what she can expect to happen as she moves through her cycle. The illustrations appeal to her. The information is presented clearly. The book straddles that sometimes awkward age between childhood and young adulthood. I didn't want to move too fast or too slow and this book helped me help her. I like it and recommend it.

I have been searching for a book like this for my daughter who is approaching puberty. Most books in this genre don't address the natural fertility signals that inform a girl about what's going on in her body; the only other I've found is Weschler's book "Cycle Savvy" which is also good, but not appropriate for younger teens. This book goes through the cycle almost day-by-day and talks the active hormones, the physical signs of those days such as cervical fluid & breast tenderness, and it also talks about the kind of emotions to expect. While it's built on a traditional 28-day cycle, it does address the fact that some women have longer or shorter cycles, and points out that it's the pre-ovulatory phase that can vary in length. At the same time, it doesn't go too far into details that a young girl doesn't need to know yet; sex is not addressed. As far as feminine health & hygiene goes, there is information about disposable pads and tampons, but not any other options. It does have a drawing of how to insert a tampon. There is a page about having a GYN visit; the picture just has a doctor holding a speculum. In terms of art, as another reviewer mentioned all the girls are relatively Barbie-shaped, but there is a wide range of ethnicities represented. There is one page that shows some variation in weight, but even the larger girl looks rather svelte and lanky. My daughter commented on the length of the girls' legs, but at the same time she seems to enjoy the illustrations. Highly recommended!

It was pretty good but it could have given more info. A 12 year old needs a bit more than this offers. But it does give pretty good info.

I found this book to contain good information, presented in just the proper way for young girls. Whether you intend to introduce this book before or as a follow-up to your personal chat with your daughter on the subject, this book presents the facts in a straight-forward, uncomplicated, and gentle fashion. The book contains a little calendar wheel for learning how to properly calculate dates. All the information a girl needs in one cute little, discreet book. I recommend 100%.

Comprehensive and colourful. Appealed to my girls. They didn't like the small format though. Characters inside were appealing and easy to identify with.

Great book

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