

Recommended Reading on Puberty for Children and their Parents¹:

The Care and Keeping of You: The Body Book for Girls, by Valorie Lee Schaefer and Norm Bendell

(Illustrator). Brought to you by American Girl® this "head-to-toe" guide answers all your questions, from hair care to healthy eating, bad breath to bras, periods to pimples, and everything in between. With tips, how-to's, letters from girls, and facts from the experts, here's straightforward advice you can really use.

Boys Body Book: Everything You Need to Know for Growing Up You, by Kelli Dunham, Steve Bjorkman

(Illustrator). As boys reach adolescence, everything changes: their bodies, their feelings, and their relationships. Their world turns shaky just when they find it hardest to talk with the adults in their lives. But even if they won't say what's on their mind, they still want straight answers. *The Boy's Body Book* provides them, in a readable, reassuring, and illustrated guide. It covers a boy's every concern: hygiene, exercise, teachers, peer pressure, sex, and siblings. He'll learn about what's going on physically (vocal changes, body hair) and how to handle academic pressures, deal with out-of-control feelings, make new friends, and stay safe through it all.

It's Perfectly Normal: Changing Bodies, Growing Up, Sex and Sexual Health, by Robie H. Harris and Michael Emberley (Illustrator)

An updated, fifteenth anniversary edition of the definitive book on kids' sexual health brings this trusted resource into the twenty-first century. Now offering a brand-new chapter focusing on safe Internet use — one of parents' key concerns — this universally acclaimed classic by Robie H. Harris and Michael Emberley is a cutting-edge resource for kids, parents, teachers, librarians, and anyone else who cares about the well-being of tweens and teens. Providing accurate and up-to-date answers to nearly every imaginable question, from conception and puberty to birth control and AIDS. *It's Perfectly Normal* offers young people the information they need — now more than ever — to make responsible decisions and stay healthy.

It's So Amazing!: A Book About Eggs, Sperm, Birth, Babies and Families, by Robie H. Harris and Michael Emberley (Illustrator)

Once again, the Bird and Bee are up to their antics, but this time they're younger. In *It's So Amazing!* these reassuring characters reflect the many moods of children age 7 and up: silly, serious, curious, embarrassed. Their voices echo the thoughts, questions, and concerns of a younger audience. If you're looking for a book for younger children, this same team has published "*It's NOT the Stork!*" for children age 4 and up.

Period. A Girls' Guide, by JoAnn Loulan and Bonnie Worthen. Illustrated by Chris Wold Dyrud. *Period, A Girl's Guide* by JoAnn Loulan and Bonnie Worthen, first published in 1979 and newly revised and updated, thoroughly covers questions about puberty and menstruation. The authors emphasize the positive (e.g., "Being comfortable with your own body is important") and use diagrams to familiarize readers with the inner workings of their bodies, including what happens during menstruation. A question-and-answer format in the last three chapters allows girls to locate easily the information they seek. A parent's guide bound into the back suggests how to begin a conversation about puberty, what to cover, etc. A thoughtful approach for young women facing changes.

My Little Red Book, by Rachel Kauder Nalebuff. These brief, engaging and oh-so-revealing anecdotes (90 in all) about first-time periods are written by a vast array of authors, professionals and youth. Edited by a freshman at Yale with a global mission (the Do More section at the back lists women's health and reproductive-rights charities), and modeled wittily on Chairman Mao's Little Red Book, these short essays tenderly cover the gamut of grief and embarrassment, joy and disappointment that accompanies the onslaught of menses, written by women from ages 15 to 101.

¹ Adapted from Northampton Area Pediatrics Parent Resources