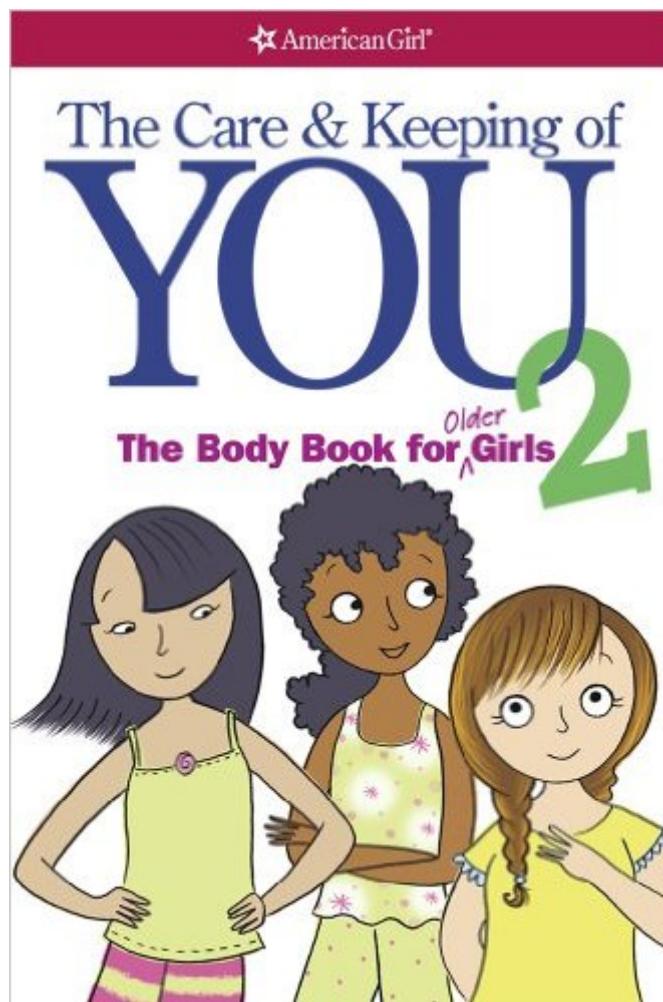


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# The Care And Keeping Of You 2: The Body Book For Older Girls



## **Synopsis**

This thoughtful advice book will guide you through the next steps of growing up. With illustrations and expert contributors, this book covers new questions about periods, your growing body, peer pressure, personal care, and more! Written by Dr. Cara Natterson for girls 10 and up, The Care & Keeping of You 2 follows up the original bestseller with even more in-depth details about the physical and emotional changes you're going through.

## **Book Information**

Lexile Measure: 1000 (What's this?)

Paperback: 96 pages

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Product Dimensions: 6 x 0.2 x 9 inches

Shipping Weight: 7.2 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 starsÂ  See all reviewsÂ  (814 customer reviews)

Best Sellers Rank: #246 in Books (See Top 100 in Books) #1 inÂ  Books > Children's Books > Growing Up & Facts of Life > Health > Maturing #2 inÂ  Books > Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Girls & Women #3 inÂ  Books > Parenting & Relationships > Parenting > Early Childhood

Age Range: 10 - 12 years

Grade Level: 5 - 9

## **Customer Reviews**

I purchased the first AG Care and Keeping of You for my daughter when she was almost 9 years old. I wanted her to understand her body and be prepared with the changes that were coming so she wasn't worried about it. The first one was an excellent book and very tastefully done. This second book does not disappoint. My daughter is now 11 (almost 12) and was in need of a bit more detailed information now. This book provides just enough, but again, it is very tastefully done. If my daughter were even 15 or 16 years old, this news would probably be old news to her. However, because of my daughter's age and being just at the beginning of puberty, this book is perfect timing. She and I both read it and it was a good sounding board because it helped her to formulate new questions about things she didn't know yet. So, it was a good jump off point to get healthy

conversations rolling. I love that AG deals with the emotional/self-esteem side of the issues and not just the factual health side of the issues. After all, aren't emotions part of everyone's health and well-being? My daughter liked the Q&A sections and said they were very helpful. Even though this book is a bit more in depth than the first one, it still uses the tasteful illustrations when discussing topics such as reproductive organs, breasts, and tampon tips. It also deals with breast exams and breast cancer, mentioning how it would be rare for someone this young to get breast cancer, but that it is important to know and understand your overall breast health as you grow up. I would definitely recommend this book.

When my girls were in 3rd grade I gave them each a copy of the first *The Care & Keeping of You*. I loved the way this book talked about taking care of your entire body head-to-toe and the changes that were about to happen without delving into sex ed. So I was very interested in how they handled *The Care and Keeping of You 2: The Body Book for Older Girls*. (By older, they mean 10 years and up. I would say 4th grade and up.) I had my girls (now in 6th and 8th grades) review this book with me. We all agree that it covers important topics in a relevant and readable way, again without touching on the subject of sex. (There are other great resources on that topic.) *The Care and Keeping of You 2* covers:

1. Back to Body Basics, which includes eating right, the need to sleep, how to keep clean and pimple care
2. Girl Stuff, this section includes basic female anatomy, hormone facts, body changes, how to pick a bra, all about periods, and how to wear a tampon.
3. It's All in Your Head talks about the changes in your brain and emotions. It also covers body image and the need to exercise.
4. Your Body, Your World covers family dynamics (how to get along with siblings and maintaining healthy relationships with your parents), Peer pressure and family rules (the book emphasizes the need to obey and respect your parents, and not to expect to do everything your friends are allowed to do.) It speaks to developing your own style, but cautions against showing too much of yourself to others. The book also touches on Internet safety and when to go to an adult for help.

As this book title states, this version of "*The Care and Keeping of You*" is for older girls. It could very easily be used with girls approaching puberty as long as parents are comfortable with the several illustrations which I will mention later. I think the aspect I appreciate most about this book is that it not only presents the facts of the sexual maturation process, but also addressed other issues that accompany the emotional and social aspects that weave themselves into this very confusing growth period. The girls' favorite aspect of this book was not so much the technical information about

puberty, instead they really appreciated the "Help! Q&A" section at the end of each chapter. These (as well as other sections) give very practical options regarding how to deal with the common, yet uncomfortable or confusing situations in which they find themselves as their bodies, social interactions, and perspectives are changing. Parents appreciated the last chapter, "Your Body, Your World" which emphasizes 1) the importance of girls making effort family to connect with their family, 2) selecting good friends/being careful with sharing personal information, 3) being strong enough to say no to bad choices, and 4) consulting with parents before making permanent and temporary changes to their hair or body. Above all they appreciated the fact that the book often directs the girls to their parents as safe people who typically have their best interest in mind. The diagrams with which some girls and some parents may feel discomfort are found in "The Anatomy of You": 1) illustrations and correct terminology of female sexual organ/s, reproductive organs, and breasts, 2) clear illustration of how to perform a self examination of breasts, and 3) how to insert a tampon.

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horny MILF women (3): naked photo book of sexy older girls having big boobs and hot ... books with sex pictures by WOW-FACTOR) Minecraft Girls: A Diary of Minecraft Girls (Minecraft Girl, Minecraft Girl Diary, Minecraft Girls Book, Minecraft Books, Minecraft Diaries, Minecraft Diary, Minecraft Book for Kids) The Ultimate Girls' Body Book: Not-So-Silly Questions About Your Body My Body, My Self for Girls, Revised 2nd Edition (What's Happening to My Body?) The Body Image Workbook for Teens: Activities to Help Girls Develop a Healthy Body Image in an Image-Obsessed World

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