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and questions from
girls who are also
going through it, this

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book covers every aspect of going through puberty for girls (and even has a chapter on what's going on with boys because knowledge is power, after all).

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approach puberty,
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changes that will
happen to their
bodies as they grow

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up and how these changes might make them feel. Covering everything from periods and breast development to body hair and personal hygiene, puberty and parenting expert Anita Naik addresses any worries that girls may have relating to what is 'normal'.

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will want to share this encouraging book with girls to help answer their questions about puberty and reassure them that it ' s all part of growing up.

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girl knows when to
ask for advice, and
this book is an
indispensable
companion to
growing up.

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about periods, boys

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that adults squirm at answering, Anita Ganeri's sensible, light-hearted advice will calm the fears of any worried young woman.

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...

The Girls' Guide to
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by an experienced sex educator who specializes in working with people with intellectual disabilities and who is also the author of the companion book, The Boys' Guide to Growing Up and the popular Teaching Children with Down Syndrome about Their Bodies,

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Boundaries, and
Sexuality. Parents,
physicians, schools,
and support groups
will want to share this
encouraging book
with girls to help
answer their
questions about
puberty and reassure
them it's all ...

The Girls' Guide to
Growing Up: Choices

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& Changes in the ...

Excellent book for young girls growing up and starting puberty, however I did find the part explaining sex was a little bit advanced for younger girls. It was not something I wanted my 11 year old to know about just yet so I glued the pages together

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apart from that it's a
great book

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Awesome and
Autistic, written by
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from 2019. All I can
say is ' wow ' I
thought I was pretty
clued up about
Autism and other SEN
conditions but this
book has opened my
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The Girls' Guide to Growing Up Great is filled with quirky illustrations from the fabulous Flo Perry, coupled with space to scribble your own thoughts and ideas. With additional contributions from Laura Chaisty, a trained psychotherapist, as well as medical input

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Podichetty, this well-balanced book gives a modern reflection of what it's like growing up today.

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them feel. Covering everything from periods and breast development to body hair and personal hygiene, puberty and parenting expert Anita Naik addresses any worries that girls may have relating to what is 'normal'.

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Anita, Horne, Sarah ...

Packed with facts and thoughtful advice, plus words of wisdom from older women and quotes and questions from girls who are also going through it, this book covers every aspect of going through puberty for girls (and even has a chapter on what's going on with

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boys because
knowledge is power,
after all).

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by an experienced
sex educator who
specializes in working
with people with
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disabilities. Parents,
physicians, schools,
and support groups
will want to share this
encouraging book
with girls to help
answer their
questions about
puberty and reassure
them it ' s all part of
growing up.

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& Changes in the ...

The Smart Girl's

Guide to Growing Up

by Anita Ganeri and

Katie Mac.

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recommendations:

“ We bought this for
our nine-year-old and

she has devoured it

and feels quite

empowered by her

knowledge I think. It

covers periods,

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tampons/towels,
physical changes,
emotional changes,
friendship,
moodiness,
tearfulness, and
touches on the
biology ...

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