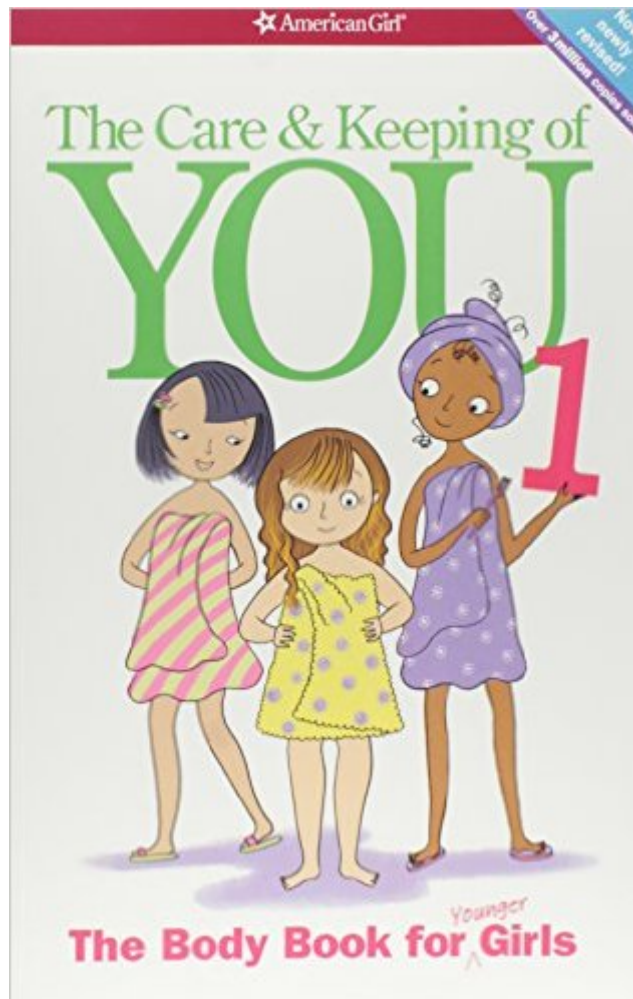


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# The Care And Keeping Of You: The Body Book For Younger Girls, Revised Edition



## Synopsis

Our best-selling body book for girls just got even better! With all-new illustrations and updated content for girls ages 8 and up, it features tips, how-tos, and facts from the experts. (Medical consultant: Cara Natterson, MD.) You'll find answers to questions about your changing body, from hair care to healthy eating, bad breath to bras, periods to pimples, and everything in between. Once you feel comfortable with what's happening, you'll be ready to move on to the *The Care & Keeping of You 2!*

## Book Information

Paperback: 104 pages

Publisher: Amer Girl; New Rev edition (March 26, 2012)

Language: English

ISBN-10: 1609580834

ISBN-13: 978-1609580834

Product Dimensions: 7 x 0.2 x 10.9 inches

Shipping Weight: 10.4 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars Â Â See all reviews Â (1,885 customer reviews)

Best Sellers Rank: #63 in Books (See Top 100 in Books) #1 in Â Books > Parenting & Relationships > Parenting > Early Childhood #3 in Â Books > Children's Books > Growing Up & Facts of Life > Health

Age Range: 8 - 12 years

Grade Level: 3 - 5

## Customer Reviews

I bought this for my daughter who currently is seven with the thought I would have it stored away until I felt like she was ready to start talking in more detail about puberty, maybe sometime in the next year or when she is eight. I developed on the earlier side, as did my mother, so I am anticipating she may start pre-puberty in the next year or so. I am so glad I decided to read through the book before showing it to her because I have decided to return it and look for something else. As another reviewer mentioned, this book has a lot of content that could actually CAUSE insecurities about her body rather than prevent them. What I like about the book: It is simply written and easy for a younger girl to understand. It talks about puberty in a mostly positive way. It has fun illustrations that would appeal to my daughter and does talk about all bodies being different and so on, BUT Â What I DONÂ™T like about the book: As of now my daughter has a very positive

self/body image. She is very comfortable in the skin she is in. From my observations, most girls in the target age of this book, 8-11, haven't quite gotten the message yet that they should be looking critically at their own bodies or judge others for how they look. If they read this book, though, they WILL be exposed to these concepts. While my daughter does have a positive self-image at the moment and we have worked hard to cultivate that, I also know (and remember) how fragile that can be at the tween stage and the power of suggestion is huge at this age. Here are some examples: My daughter has a beautiful speckling of freckles across her nose. Most people around her have commented that they love them. SHE loves them. She said to me a few months ago that she wished she had MORE freckles.

I got this book for my 8-year-old for Christmas. Sensitive issues about body changes are becoming a hot topic around here as we begin to deal with pre-puberty. Because she is such a huge bookworm I thought this would be a great starting off point for her to learn about body changes. I think that this is one subject where you really have to take into consideration your own child's personality and decide how to approach these sensitive topics. With that being said I asked her to read the book on her own time and then we could talk about any questions that she has, leaving the ball in her court and leaving the door to conversation WIDE open. The book has definitely given her the courage to talk about something she was very unsure about. She understands her body now and is actually excited about the changes taking place (I was NOT as a child BUT no one gave me a book like this or talked to me about anything!). I think the book has given her courage to ask questions and even given her vocabulary about the issues she otherwise wasn't sure how to articulate, if that makes sense. I think it also made her aware of other changes that she was not even aware about. No matter how you decide to use this book or other material it is imperative that you not embarrass or belittle your child. It is also imperative that you are there for them and answer questions appropriately and honestly. If I ever feel that something is inappropriate to talk about then I honestly tell them, "This isn't something that is appropriate right now but we will talk about it soon!" And then don't go back on your promise. Some pretty funny "kids say the darndest things" moments have also happened because of the book.

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