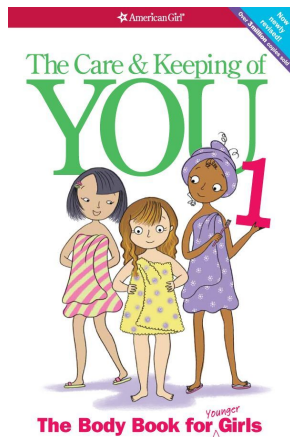
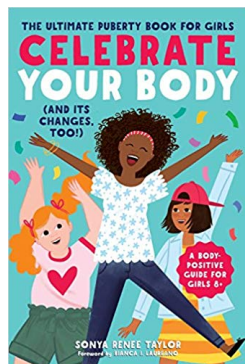


## Reading List - Books on Puberty, Growing up.



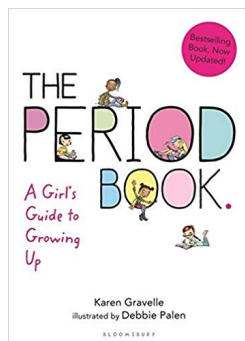
The Care and Keeping of You: The Body Book for Younger Girls, Revised Edition (American Girl Library)  
by Valorie Schaefer (Author), Josee Masse (Illustrator)

\*There is another book for Older Girls (book 2). Be sure to read Book 1 first!

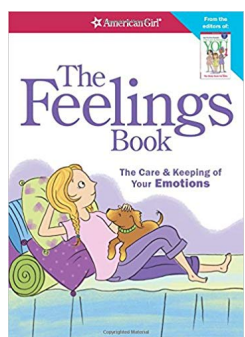


Celebrate Your Body (and Its Changes, Too!): The Ultimate Puberty Book for Girls  
by Sonya Renee Taylor (Author), Bianca I. Laureano (Foreword)

\*There is a book 2 for this as well.

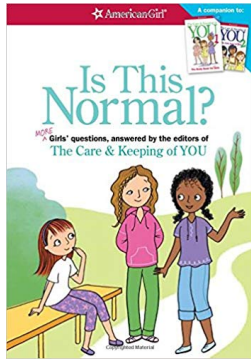


The Period Book: A Girl's Guide to Growing Up  
by Karen Gravelle (Author), Jennifer Gravelle (Author), Debbie Palen (Illustrator)

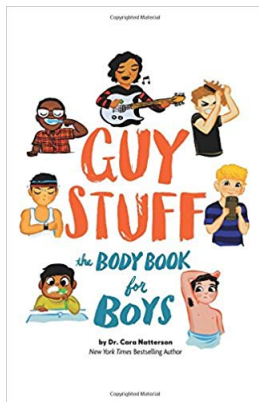


The Feelings Book: The Care and Keeping of Your Emotions  
by Dr. Lynda Madison (Author), Josee Masse (Illustrator)

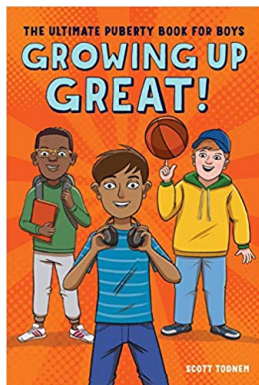
\*Older addition may be at the library - updated in 2013



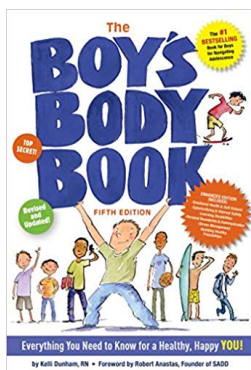
Is This Normal: MORE Girls' Questions, Answered by the Editors of The Care & Keeping of You, 2015  
by Darcie Johnston (Author)



Guy Stuff: The Body Book for Boys  
by Cara Natterson (Author), Micah Player (Illustrator)



Growing Up Great!: The Ultimate Puberty Book for Boys  
by Scott Todnem (Author)



The Boys Body Book: Fifth Edition: Everything You Need to Know for Growing Up!  
by Kelli Dunham RN BSN (Author)