
A guide for pre-adolescent girls to the changes that puberty brings to their bodies, including information about menstruation. Classification Library of Congress. RJ145 .J85 1998. Dewey. 612.6.62. Ed. Growing Up: It's a Girl Thing: Straight Talk about First Bras, First Periods, and Your Changing Body Paperback â€“ Illustrated, 8 September 1998. by. Mavis Jukes (Author). â€“ Visit Amazon's Mavis Jukes Page.Â  The Period Book: A Girl's Guide to Growing Up. Karen Gravelle. 4.7 out of 5 stars 1,269. Paperback. 9 offers from 991,00 â© Â She has written many books for children, including Expecting the Unexpected, itâ€™s a Girl Thing, Blackberries in the Dark, itâ€™s See You in My Dreams, itâ€™s a Guy Thing, and Like Jake and Me, for which she won a Newbery Honor. Enter your mobile number or email address below and we'll send you a link to download the free Kindle App. Then you can start reading Kindle books on your smartphone, tablet, or computer - no Kindle device required. Apple. Growing Up book. Read 12 reviews from the world's largest community for readers. A guide for pre-adolescent girls to the changes that puberty brings to t...Â  Goodreads helps you keep track of books you want to read. Start by marking â€œGrowing Up: It's a Girl Thing: Straight Talk about First Bras, First Periods, and Your Changing Bodyâ€ as Want to Read: Want to Read saving… Want to Read. So itâ€™s not surprising my first instinct for this conversation was to reach for a book. Happily, I found The Care of Keeping You 1. I loved this bookâ€™s approach, as it goes from head to toe to talk about all the changes your daughterâ€™s body will be going through as she gets older. (The team behind this book also makes a version for older girls, The Care and Keeping of You 2, and one for boys, Guy Stuff.) We talked about how the hair on her head may change and be oilier. We talked about how sheâ€™ll need to wash her face every night. We talked about the importance of deodorant and that hair was g My first period happened when I was 13. I had already had prior knowledge about periods via the internet. My mom never sat me down and talked about it. It happened in one of the least opportune times. It was my confirmation. You wear bright white ...Â  But to sum it up I was panicky and sad and angry. I snapped at my mom in the morning, felt bad 2 minutes later, cried and then was angry again. It has been the only period where I was moody like that. (maybe it was just stress