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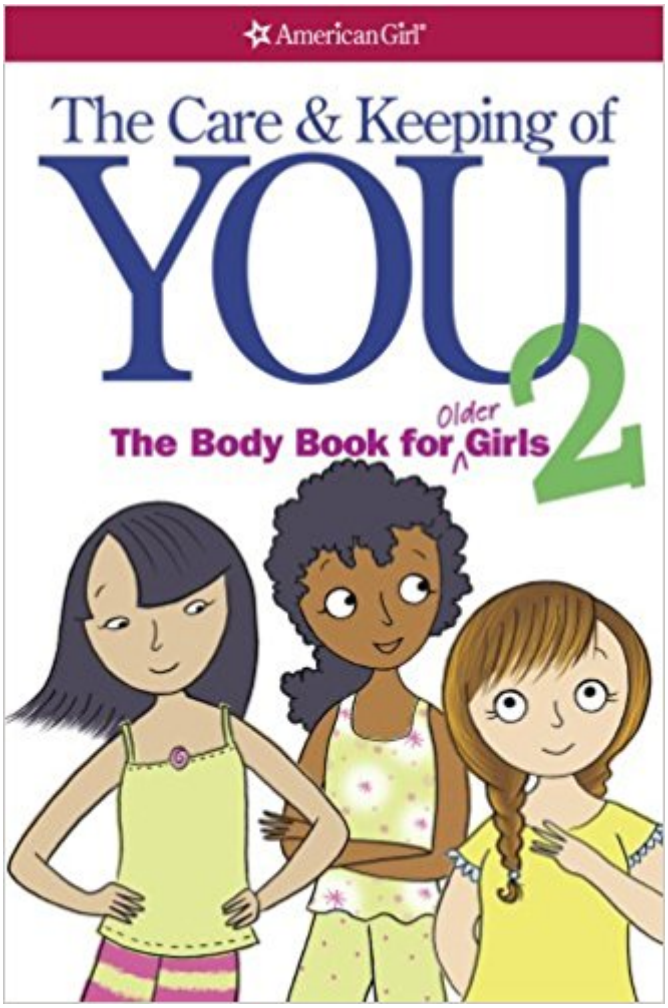
The Care And Keeping Of You 2: The Body Book For Older Girls



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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

Publisher: Amer Girl; 2 edition (February 26, 2013)

Language: English

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Shipping Weight: 7 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 948 customer reviews

Best Sellers Rank: #163 in Books (See Top 100 in Books) #1 inÃ Â Books > Children's Books > Growing Up & Facts of Life > Health > Maturing #3 inÃ Â Books > Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Girls & Women

Age Range: 10 - 12 years

Grade Level: 5 - 9

Customer Reviews

Dr. Cara Natterson, a graduate of Harvard University and the John Hopkins School of Medicine, is a respected pediatrician. She is an online expert at momlogic.com, parentsask.com, gurumommy.com Dr. Natterson lives in Los Angeles, California with her husband and two children.

This book was purchased to train young girls in institutional care on their periods and body. We used it in a cross-cultural environment. Although, written in English, the pictures are plentiful and universal. There are many multi-cultural girls in the book. Absolutely loved it and bought one for every girl in the class. I highly recommend this for girls ages 11 and up, but please refer to the author's recommendations. Beautifully done and thoughtfully laid out, chapter after chapter. A winner.

Highly recommend these books for girls

Great book once you've had "the talk" to support any additional questions she may have. Creates a comfortable dialogue starter for both parties involved.

Grateful for the guidance

Daughter loved this.

Educational

Good book for girls.

perfect for my daughter to read as her body is changing.

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