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I'm a Girl, Hormones! (For Ages 10 And Older): Anatomy For Kids Book Explains To Older Girls How Hormones Are Changing Their Body (I'm A Girl)





Synopsis

Your 10+ year-old-daughter is feeling the daily effects of raging hormones. This Anatomy for Kids book answers questions that all young girls are asking as they prepare for their first period. Why have my emotions changed? What is a period and how do I prepare for it? What is a menstrual cycle and what happens each day? What is PMS? Why do my breasts feel swollen and painful at times? What is happening to my skin and what is a pimple? Why do I feel clumsy? The text and illustrations are age-appropriate with no sexual content. Younger girls might prefer the first puberty book in the series, *I Am A Girl, My Changing Body* for 8-9-year-olds available on .

Book Information

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Customer Reviews

I LOVE this book! My daughter is 8, and I'm afraid she's going to hit puberty earlier, rather than later. All the books I saw somehow added social stuff into them - kids will be teased, bullied, etc - problems that thus far haven't come up, and which I didn't want to 'suggest.' They all made it sound like puberty would be awful. I wanted something that just went through the facts - this is what's happening, and this is what you need to know/do. That's exactly what this book is. It tells girls everything they need to know, without bringing up other issues. It's fantastic.

I reached out to Dr Metten for advice as my girls approach this stage and ended up getting this book. My girls read this book as soon as they got their hands on it. I had been sure to give my children the information needed for them to understand the changes in their body but nothing really that touched on the emotional changes; the sudden feelings of anger and the changing family dynamic. This was imperative information, a gap they had been missing, in order to fully understand the changes taking place. The book is great on many levels; not only is it informative, but it keeps THEM engaged in the story which, really, is the most important part. I cannot say enough good things about the illustrations; they are realistic and don't "dumb down" any information. Thank you, Dr Metten, for this book! It's been so useful!

Knowledge is power! Thank you Dr. Metten for granting parents, teachers, and teens with the knowledge of how the human body works. Your explanation of what to expect as teens enter puberty and the usage of accurate and scientific vocabulary of anatomy and it's processes are empowering to both teens and parents. These series of books on hormonal changes for boys and girls are a great way of opening conversations with students at school and/or our own children at home. I am both a teacher and a mom of a 16 year old, and have been using these books with my son to teach him not only about his body but also the experiences that the girls have during puberty. Through this knowledge and understanding he is gaining respect for his body as well as for the girls that he will encounter on his journey through life. These books are exemplary and are a product of Dr. Metten's 25 years of experience in the field. Her delivery of the message is developmentally appropriate, authentic and powerful!

I have three daughters and have bought all three of Dr. Metten's books on Anatomy for Girls. They are a wonderful way to start an early conversation with your children about how their bodies work. Most books only talk about the psycho/social aspects of puberty, but these books are pure science. I now have an eleven, nine and six year old and each book in their age range perfectly addresses their questions. Thank goodness this book came out as my daughter entered middle school! By starting the conversations early, we seem to have avoided a lot of the embarrassment and shyness that many of my friends have experienced with their kids.

My granddaughter actually reads this book quite often. It has given her the basics in order to communicate comfortably with me in regards to questions about her sexuality.

When you find a book that puts across the facts clearly, in a way a 'nearly-a-teenager' can understand, its great. She's too old for the parent chat, too young to have been through puberty, but as her classmates were starting to go through periods and puberty, it was time to make sure she honestly understood what would happen next.... Rather than what's passed down from her schoolmates and through their eyes only. Getting the facts and reading the explanations, she was much better informed, could relate to the characters and I feel she's now better prepared. I'd highly recommend this book and it should be available in the UK too.

This book is beautifully illustrated and easy to understand. Dr. Metten takes complicated topics of hormones, anatomy, and physiology and presented in a clear and easy to understand language. It's not just the "what" ,but also the "how" and "why". The pages captures the attention of my 11 year old daughter, who learns better from short paragraphs and lots of illustrations than from pages full of texts. She previously thinks that this sensitive topic is "gross", so I was pleasantly surprised that she read the book with much interests. It reads more like an applicable creative physiology book and a preaching book on puberty

It's very easy to understand and it provides an easier way for parents to discuss this important topic.

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