



## Girls' Guide to Growing Up: Choices & Changes in the Tween Years

By Terri Couwenhoven

Woodbine House Inc.,U.S. Paperback. Book Condition: new. BRAND NEW, Girls' Guide to Growing Up: Choices & Changes in the Tween Years, Terri Couwenhoven, Ages 8 to 14 years. Here is a book just for girls beginning a new phase of their lives! This appealing and easy-to-follow guide for girls with intellectual disabilities is an introduction to the physical and emotional changes they'll encounter during puberty. Written on a third-grade reading level for preteens or young teenaged girls to read by themselves or with a parent, it's filled with age-appropriate facts, realistic illustrations and photos, icons, and a Q&A. The Girls' Guide to Growing Up advises girls about their changing bodies, privacy issues, and how to feel their best, including: What is puberty?; Body changes (height & shape, breasts & bras, body hair, skin & blemishes, body odour); Emotional changes (moodiness & handling your feelings, sexual feelings & what to do about them, flirting do's & don't's); Periods (what to expect, using a pad); Hygiene (keeping face & body clean, showering, using deodorant); Privacy, safety & social appropriateness (private parts, rules for who can touch you & when, rules for touching others, what to do if you feel unsafe). The guide...



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