



A Book Guide for Pre-teens & their Families

This book list is intended only as a guide and reference resource taken from a variety of books on puberty and sexuality. Please visit your local library or bookstore for a full array of titles and philosophies to decide on those that best meet your family's needs. Information presented here does not necessarily reflect the philosophy or practice of the Lucile Packard Children's Hospital at Stanford.

Books for Kids

From Boys to Men: All About Adolescence and You (Plugged In)

Gurian, M., et al., 1999

Provides practical advice on how to cope with emotional/physical changes of adolescence.

It's Perfectly Normal

Harris, Robie H., 1994

For preteens, teens, and parents, this book provides comprehensive, contemporary and candid information on the mechanics and consequences of puberty, sexual activity, birth control, pregnancy and sexually transmitted diseases. The text and wonderful illustrations provide the opportunity for growing children to understand and value themselves.

It's So Amazing! A Book About Eggs, Sperm, Birth, babies and Families

Harris, Robie H., 1999

Using comic-book style artwork, this fun, accurate and comprehensive book illustrates the answers to how a baby is made, from conception through pregnancy and birth. related topics such as love, sex, gender, families, hetero/homo-sexuality, HIV and AIDS, are also artfully addressed.

My Body, My Self For Girls; Book For Boys

Madaras, Lynda and Madaras, Area, 2000

This is a wonderful companion to the *What's Happening to My Body? Book for Girls* and includes over 100 quizzes, checklists, journal entries and exercises to help girls/boys address questions and concerns about their changing bodies.

My Feelings, My Self

Madaras, Lynda, et al., 2002

This revised and updated version of Growing Up Guide for Girls focuses on relationships, feelings, self-knowledge, problem solving with parents, handling peer pressure and making friends.

Period

Loulan, J., et al., 2001

A book on menstruation by those who remember exactly what they wanted to know when they were young girls. This revised version includes a removable parent's guide.

The Care and Keeping of You: The Body Book for Girls.

Schaefer, Valerie Lee, 1998

From the American Girl Library, this comprehensive, "head-to-toe" book provides information on hair and skin care, breast development, periods, pimples and much more.

The Feelings Book. The Care and Keeping of Your Emotions

Madison, Lynda, 2002

From the American Girl Library and companion to *The Care and Keeping of You: The Body Book for Girls*. This book explores feelings and helps young women with advice and tips to better understand and deal with their changing emotions. Includes tips on communicating feelings and working through negative self-talk.

The Period Book. Everything You Don't Want to Ask (But Need to Know)

Gravelle, Karen and Gravelle, Jennifer, 1996

This practical book addresses common questions and concerns, about your period, how to choose pads and tampons and other issues that come up during puberty. Co-authored by a 15 year-old niece, the chapter "What If...?" discusses things that most likely do not come up in classes.

What's Going On Down There. Answers to Questions Boys Find Too Hard to Ask

Gravelle, Karen, 1998

This easy-to-read introductory book is great for boys. Topics such as body basics, sudden changes, girls, babies, and sexually transmitted diseases are explained in simple language. The author focuses on mis-information and hard-to-ask questions frequently encountered by boys as they change.

What's Happening to Me?

Mayle, Peter, 1975

This delightful book, with humorous illustrations, discusses physical and mental changes that take place in puberty. For both boys and girls, it is written in a question-and-answer format.

What's Happening to My Body? Book for Girls

Madaras, Lynda and Madaras, Area, 2007

Written in a non-judgmental tone suitable for nine to fifteen year-olds, it explores the body's changing size and shape, reproductive organs, the menstrual cycle, puberty in boys and more.

What's Happening to My Body? Book for Boys

Madaras, Lynda, and Madaras, Area, 2007

Similar to Book for Girls, covering the boy's changing size and shape, growth spurts, reproduction, voice changes, puberty in girls and more.

Books for Parents

101 Ways to Help Your Daughter Love Her Body

Richardson, Brenda and Rehr, Elane, 2001

A practical guide to help your daughter develop a strong and sustaining sense of self. Topics include media messages, fat-phobic culture, mother's self-esteem, dads can make a difference, emotional eating, pregnancy, periods and how to keep her body from harm.

A Fine Young Man. What Parents, Mentors and Educators Can Do To Shape Adolescent Boys Into Exceptional Men

Gurian, Michael, 1999

Approaching this subject from the various stages of adolescence, the author discusses issues such as emotions, caring for the spirit, education and provides dozens of sensible ways for assisting adults in nurturing boys.

Everything You *Never* Wanted Your Kids to Know About Sex (But Were Afraid They'd Ask).

Richardson, Justin and Schuster, Mark, 2003

Discusses sexuality of children from birth through grown-up, puberty and many other topics.

Growing a Girl

Mackoff, Barbara, 1996

Based on clinical research, this book for moms and dads provides numerous tools and suggestions for fostering a daughter's independence and individuality.

How Can You Say That?

Lynch, A. and Ashford, L., 2003

From a collection of real letters/conversations with girls and moms, comes thoughts and suggestions on choosing words and actions to help promote a good relationship with your daughter.

Keep Talking. A Mother-Daughter Guide to the Pre-Teen Years

Madison, Lynda, 1997

An excellent book for mothers and daughters to read together. Provides guidelines, advice and exercises that promote beginning conversations on family morality, friends, and physical/emotional changes and encourages open, loving and stronger relationships.

Real Boys. Rescuing our Sons from the Myths of Boyhood

Pollack, William, 1998

From the "boy code" that dictates much of what is good and bad in boys' behavior, to how boys act in school and at home, this book offers suggestions for parents raising sons.

Ten Talks Parents Must Have with Their Children About Sex and Character

Schwartz, Pepper and Cappello, Dominic, 2000

A how-to guide for parents for those vital talks about sex, health, relationships and strength of character.

The Wonder of Boys, What Parents, mentors and Educators can Do to Shape Our Boys into Exceptional Men

Gurian, Michael, 1997

The Wonder of Girls. Understanding the hidden Nature of Daughters

Gurian, Michael, 2002

Explores biological and cultural influences on what makes boys and girls unique. Offers straightforward theories on how to understand and work with developmental needs and crises of adolescents.

Helpful Websites

www.4girls.gov Developed by the Office on Women's health in the Department of Health and Human Services, this website gives girls, ages 10-16, reliable, current health information.

www.daughters.com

www.kidshealth.com

www.dadsanddaughters.org

www.healthlibrary.lpch.org

For More Information

Contact your health care provider.

Call the Teen Health Line: 1-888-711-TEEN, a free, confidential and anonymous service offered by the Lucile Packard Children's Hospital.

Visit www.lpch.org.