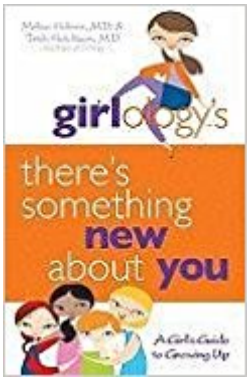
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Girlology's There's Something New About You: A Girl's Guide To Growing Up



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Synopsis

Please don't settle for this outdated edition. Ã Â It's been updated for 2017 and following. Ã Â Girlology's There's Something New About You is the most complete and current guide for girls growing up. Ã Â Ã Â You're at that age when there is a lot going on. First bras . . . hair growing on your legs . . . changing friendships . . . and periods. Some of it makes you feel embarrassed, some of it makes you want to scream, and some of it makes you want to roll your eyes and crawl under a rock. Welcome to puberty.Ã Â Ã Â Ã Â Ã Â Right now you can't imagine how any of this could be fun. But read this book and you can face the weirdness, get over the gross-factor, and head into puberty with confidence and knowledge. It's definitely not a boring lecture like you hear in school. And it's not like an embarrassing little chat with your parents. It was written by two female doctors who are also moms (and they're pretty funny). In addition to the advice, there are great stories about a cast of characters who are going through the same things you may be: Claire thinks she'll never develop; Lily is embarrassed to shop for her first bra; Riley is mortified when she gets her period at her dad's house; Brianna doesn't know what to say when the boys tease her; and Tess is worried about whether or not her tampon will stay in at the swim meet.Ã Â Ã Â Ã Â Ã Â Ã Â There's Something New About You will help you make sense of a very confusing time!

Book Information

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Customer Reviews

The Health/Medicine ShelfGirlology’s There’s Something New About YouMelisa Holmes, M.D. &

Trish Hutchison, M.D.Health Communications, Inc.3201 S.W. 15th Street, Deerfield Beach, FL 33442-81909780757315268 $12.95 www.hcibooks.com 1-800-441-5569Ob-gyn Melisa Holmes, M.D. and pediatrician Trish Hutchison, M.D. (both of whom are also mothers) present Girlology's There's Something New About You: A Girl's Guide to Growing Up, the third book in the Girlology series. There's Something New About You is especially for young girls age 8-12, facing the bodily changes of puberty - not just the development of breasts and the onset of menstruation, but also learning how to manage new and sometimes uncomfortably strong emotions, getting proper nutrition, acne do's and don'ts, and much more. A handful of color illustrations enhance this down-to-earth, user-friendly guide that doesn't talk down to young girls confronting a challenging phase in their lives. Highly recommended, both as a gift to any young girl and for school and public library collections. (Midwest Book Review)VOYA (Voice of Youth Advocates) is a bimonthly journal addressing librarians, educators, and other professionals who work with young adults: Holmes, Melissa, and Patrisha Hutchison. Girlology's There's Something New About You: A Girl's Guide to Growing Up. Health Communications, 2010. 128p. $12.95 Trade pb. 978-0-7573-1526-8. Girlology's There's Something New About You: A Girl's Guide to Growing Up is a book about the trials of puberty and growing up. Claire, Riley, Brianna, and Lily are friends who ask the hard questions. Frank and honest answers that cover many issues associated with puberty are provided by the authors, who are both doctors. There is something for every girl in this informative guide to puberty. The authors have taken a no-nonsense approach to the changes girls experience. For more sensitive readers, this approach, along with some of the information, may prove a little too informative, although if readers persist, they will emerge well prepared to face the challenges ahead. Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Advice is well covered, from bullying to bras, periods to cleanliness, and friendship to eating well. Everyday language, as well as 'agony aunt' style letters at the beginning of each chapter, makes the information more accessible for young teens, who will feel more comfortable when they know others are dealing with the same issues. The graphics are informative without being offensive;Ã Â pictures of the friends are cute and appealing, giving a fresh lightheartedness to the book. This is a must-have book for all homes and libraries.Ã¢â ¬â •Amanda McFadden (Amanda McFadden VOYA)

Melisa Holmes, M.D., an OB-GYN and mother of three girls, is a nationally recognized expert in the area of pediatric and adolescent gynecology, and has also been named among the Best Doctors in America. She has been providing healthcare to girls, teens, and young adults forÃ Â more thanÃ Â twelve years.PatriciaÃ Â Hutchison, M.D., mother of two girls, is a pediatrician with the

Medical University of South Carolina in the Adolescent Medicine department. For over a decade, she has been a constant in the lives of many adolescent girls, and has been named among the Best Doctors in America.

This is by far the cutest and most complete book on puberty for young girls. There's nothing about sex, but everything about what to expect and how to prepare for and handle body changes and friendship issues. My 9 year old has read it at least five times, and it has started some great conversations. She loves the relatable short stories that introduce each topic and chapter. Even though it's written by doctors, the language and voice is also perfect for young girls. Thank you girlology!

This book is factual, practical and covers the basics of female puberty..... minus the boys. It focuses on female anatomy and the changes that can be expected physically, emotionally and psychologically in a palatable, easy to understand format for "tweens" and their parents. It also covers social situations young ladies may experience while going through puberty and how to handle them appropriately. It even covers how to be a good friend to someone else going through puberty as well. This book is very empowering to the young ladies who read it and reminds parents how uncomfortable and confusing it can be at times when you're grow up! I highly recommend this book be read by parents and their daughters an introduction to the season of puberty young ladies will experience. It is perfectly ok for a tween to read on her own, but can be much more effective and relationship building if parents and tweens read it together. My daughter and I read I together at the start of her 5th grade year as part of a mother-daughter weekend retreat I planned specifically for introducing the subject of puberty to her. It took our relationship and her self-confidence to a whole new level!

I wanted a fact based, body positive book to help my 8 year old with questions she had about her body, and the changes she will be facing soon. I can not rave enough about this book! It's so perfect, so well written. Explains what puberty entails without dumbing it down, talks about body image (how you might find yourself wanting to be more girly, but if not that's ok too - something my tommy boy daughter was very happy to hear from someone other than her mother!) but unlike many other books that talk about puberty in actual terms, there isn't any mention of sex. (something my daughter is aware of, we've had the talk, but she's not ready for the nitty gritty at her age) Having compared this to the other, more widely popular AG puberty book, I would recommend this one over

that one any day. THIS is the book your daughters need. I read it ahead of her, and then told her if she has ANY questions, please talk to me about it. This book has sparked a lot of conversations between us, about growing up, social pressures, and what to expect in the coming years.

Informative and charming, that's a tough combination when it comes to discussions about puberty! The newest Girlology book accomplishes both, and more. This bright and interactive book offers a wonderful blend of smart information, ways to present said smart information, AND fictional stories that your daughter can read--or you can read together. The book is geared for elementary age girls, and is the perfect prep for puberty and questions that might make you both blush. Bras, periods (all the shopping options that go with periods)girl parts, friendship, anti-bullying, moods & emotions. This is one stop shopping for those with daughters who are on the brink of puberty.

This is an amazing book. I bought it for my grand daughter and she is in the process of reading it now. Well written, very informative in a age appropriate perspective. I enjoyed reading it myself before I gave it to her.

My daughter is 9...been going through puberty for a year now. I got this book or her, to help explain puberty, and whats going on with her body verses what is happening with her friends, since she's so early and her friends haven't shown any signs of it yet. It was a great way to add up her changes against her friends. The story is well written, and very informative without being boring. Your girl will enjoy this....I promise.

My 11 year old daughter has sat and read this book cover to cover - she loves it, with its' easy mix of information and story telling. It's opened up some good conversations about puberty and body changes - would thoroughly recommend it. It is well written and covers all the information young girls need to know in a way that they understand.

Easy read

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