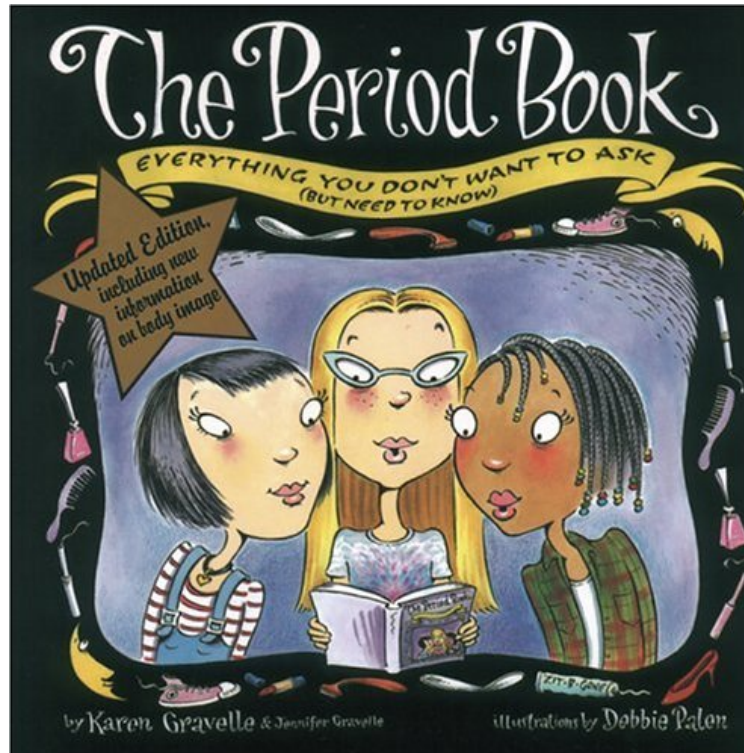


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The Period Book: A Girl's Guide to Growing Up

Karen Gravelle, Jennifer Gravelle
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Karen Gravelle, Jennifer Gravelle : The Period Book: A Girl's Guide to Growing Up before purchasing it in order to gage whether or not it would be worth my time, and all praised The Period Book: A Girl's Guide to Growing Up:

114 of 115 people found the following review helpful. My daughter LOVED the book. By Loren LMy 12 year old daughter just started her period this summer. She was away from home visiting family, which makes me sad that I missed the first one. I went online that night and found this book. I read the reviews, and the comments about the content being inappropriate. One reviewer mentioned that she was appalled by a section that informed the reader that you could get pregnant if semen is introduced into the vagina by any means, such as a finger. While it might make us uncomfortable as parents to think about our sweet girls doing anything of the sort, the fact is that it happens. I for one would rather have her know the risks and avoid them, than keep her blissfully ignorant while she ends up pregnant because she "didn't know". They say you're supposed to have "the talk" by the time they are 8 years old now as it is. Now that she's able to get pregnant (cuz let's face it thats what periods are for) I want her to know. Keeping her in the dark isn't going to do her any favors, and telling her the truth won't hurt her. So anyways I bought the book and had it overnighted to her at my mom's house. My mom said when she handed her the book she rolled her eyes and was like "Oh God". But she sat down to read, and did not put it down again until she had read it cover to cover. She told my mom, that was a REALLY good book, it had a lot of good information in it. It also has a little log in the back for her to track her cycle. I'm comfortable in my choice to get her the book. Now I know she knows, and what she knows is the

truth and not hearsay from other teenage girls or boys. You know they talk about it right? And they act on it younger and younger these days? Don't you want them informed? 132 of 139 people found the following review helpful. Much-needed body literacy for young minds

By Jan Marie I feel very compelled to write a review after reading the top-rated comments by panicked mothers. Here is my story: I read this book when I was 10. I borrowed it from my friend, whose mom was a bit more hands-off than mine. I remember using it with my girlfriend, and a mirror, to find where our vaginas were. I didn't use it to masturbate. It didn't make me lose my virginity earlier. It just gave me the kind of no-nonsense ILLUSTRATED, not photographed, depictions of what I had to expect in the coming years. I loved this book because instead of trying to shelter me, it gave me all the best information and helped me make well-informed decisions. I felt compelled to review this book not only because I thought it was great, and memorable FIFTEEN YEARS later. But also because these panicked mothers, who are worried about their daughters being "too young" to learn about these things, clearly haven't been to a middle school in recent years. Children--twens--are having sex. At 11, before they even need The Period Book, and at 13, when that tidbit about the fingertip's worth of sperm causing impregnation could be vital, life-changing information. That was never me, but hey! I read the Period Book when I was 10. So I knew better... So don't hide this book from your kids. Because they're almost not kids. And even as kids, behind your very backs, they're probably doing adult things. This book promotes body-literacy; it doesn't change the innate nature of your girls, or negate the moral compass you've instilled in them. As parents, don't you want to give your child THE BEST CHANCE to make good decisions? If so, get her this book.

0 of 0 people found the following review helpful. She was not very happy with me she was kind of embarrassed

By RJC Bought this book for my 10 year old. She was not very happy with me she was kind of embarrassed. However she read the book and had a few questions that I was able to answer. I read review and someone said that there were some comments about girls getting pregnant by cum on fingers but I read the book and did not see this maybe the update removed this or I over looked it? I would like to say that this book is not a substitute for having the talk with your child this is really just for her to know more about her body. I am very happy with it and she has read the book in whole now!

The essential guidebook for every girl. The Period Book is a reassuring must-read for every girl about to have her period, and every parent wishing to prepare a daughter for this important milestone. With more than 300,000 copies sold, The Period Book stands out from the pack by specifically addressing younger girls. And with eleven now the average age at which girls get their period, this supportive and practical approach, providing clear and sensitive answers to common questions, is even more welcome today. The revised edition includes a new introduction for parents and an additional chapter about body image.

"Adults uncomfortable discussing sexuality will find support in Karen Gravelles companion books . . . Her straightforward, lively writing provides comfort and readability." - The News Observer

"Karen Gravelle hits her mark with this accessible guide for adolescent girls . . . Palen's cartoon illustrations echo the candor of the text and reinforce its kid-friendly approach." - Publishers Weekly

"In a friendly, chatty manner, Gravelle explains the external and internal changes of puberty . . . Its directness and simplicity makes it a solid choice, especially for younger girls." - School Library Journal

"Warm and positive." - Booklist

About the Author KAREN GRAVELLE the author of Walker Company's best-selling nonfiction titles What's Going on Down There? and The Driving Book. She lives in Long Island City, New York. DEBBIE PALEN is a professional illustrator from Cleveland, Ohio. When not illustrating, she can be found doing yoga, writing, or reading comics. She has illustrated five books for Walker Company.