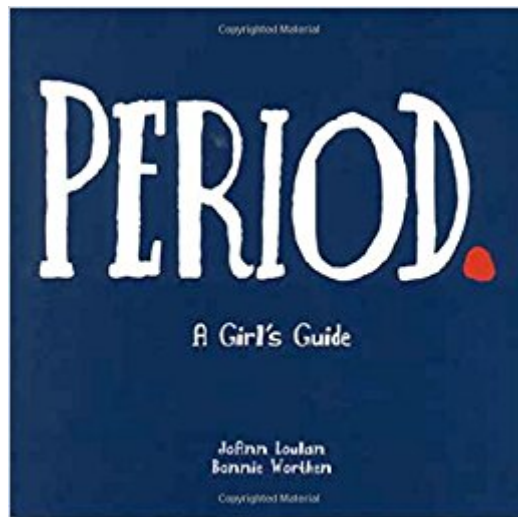


The book was found

# Period.: A Girl's Guide



## Synopsis

For parents who do not know how or where to begin this discussion, here are ideas to get them started. A detachable Parent's Guide will lead them through the learning process for themselves and their daughters—and even their sons. The Parent's Guide can also be found in its entirety on the Book Peddlers website at [www.bookpeddlers.com](http://www.bookpeddlers.com). In it you will find: 'Talking About Menstruation'; 'What's The Right Age To Share Information?'; 'Who Begins?'; 'What About The Boys?'; 'Creating Your Own Right-of-Passage'.

## Book Information

Paperback: 100 pages

Publisher: Book Peddlers, The; 4th edition (January 2001)

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ISBN-10: 0916773965

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Product Dimensions: 0.2 x 7.2 x 7.2 inches

Shipping Weight: 6.1 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars See all reviews (91 customer reviews)

Best Sellers Rank: #14,041 in Books (See Top 100 in Books) #10 in Books > Children's Books >

Growing Up & Facts of Life > Health > Maturing #27 in Books > Parenting & Relationships >

Parenting > Parenting Girls #51 in Books > Parenting & Relationships > Parenting > Teenagers

Age Range: 6 - 12 years

Grade Level: 1 - 7

## Customer Reviews

I am SO glad this book is still in print. When I was 10, one of my girlfriends and I went to the library to find more books on getting our periods (we'd read *Are You There God, It's Me, Margaret* and wanted more information). We were the first girls in our class to have gotten bras, so we knew that we'd be getting our periods soon, and we were really excited and really apprehensive about it and what it would be like. We must have taken this book out for weeks, reading it over and over. It was a totally non-threatening, informative book that was easy to understand even without our parents' help. (In fact, I never even told my mother I'd taken it out of the library). Reading it gave me the courage to ask my mom to take me to the store to buy protection to have on hand for the big day--and when that day came, just a few months later, when I was 11, I was absolutely prepared. And it was because of this book. (I'm by no means advocating getting the book, giving it to your

daughters and not talking to them about it--I think you should give it to them or read it to them with the understanding that you WILL talk to them about it and answer any and all of their questions). The best part of the book, though, isn't just the technical information, but the overall tone of the book--that a woman's period IS something exciting and new, and something to be proud of. And I am so happy I read the book and took that attitude with me. When the day it finally came (my first period) I was scared and thrilled all at the same time--I knew just what to do about it, because the book had told me, and I was so pleased that it meant that I was growing up.

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