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What's Happening To Me?: Girls Edition



Synopsis

A sensitive, detailed and informative guide to female puberty, this book will prove invaluable for both young girls and their parents alike, tackling key subjects from the physical changes that occur at this time to practical matters, such as buying your first bra. Bright, original colour illustrations and diagrams reveal everything young girls need to know about the changes they will experience as they approach puberty. The stunning artwork is accompanied by witty, yet clear and informative factual text that helps to demystify this often confusing and tricky subject. Approved by a team of top-notch consultants, this remarkable and reassuring book is entertaining, approachable and authoritative.

Book Information

Age Range: 3 and up

Series: What's Happening to Me?

Paperback: 48 pages

Publisher: Usborne Pub Ltd (December 2006)

Language: English

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Product Dimensions: 0.2 x 6 x 9 inches

Shipping Weight: 4.8 ounces

Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (19 customer reviews)

Best Sellers Rank: #292,479 in Books (See Top 100 in Books) #48 in [Books > Children's Books > Growing Up & Facts of Life > Health > Maturing](#) #127 in [Books > Children's Books > Growing Up & Facts of Life > Difficult Discussions > Abuse](#) #207 in [Books > Children's Books > Geography & Cultures > Cultural Studies > General](#)

Customer Reviews

I recently previewed all of the adolescent-preparation books on the market before buying one for my nine-year-old daughter. This one is the best. The reasons I chose it: 1) It gives all the basic information about puberty simply and clearly and does not preach. Its minimalist approach means that it will be a good reference for child, but also leave openings for parents to have more in-depth discussions. 2) It does not promote products and commercialism in the way that many other books in this category do. For example the American Girl series suggests that girls must use shaving cream (why wouldn't soap do?) and that they must select shampoo that matches their "hair type"

(ridiculous!). This book does cover masturbation and homosexuality, so it's not for parents who want to save those topics for later or not to bring them up at all. It covers every topic very briefly, however, with a fairly straightforward approach.

My daughter is 10, and I bought this book for her. I think it is perfect, with important specific information about her own body and how it is changing, and an overview of boys' body changes. The AG book I looked at was too focused on appearance, making yourself look good, etc. This one is upbeat and interesting, and gives the basics on sex without giving too much information for a preteen. I highly recommend this book to encourage your daughter's self-esteem.

I am always pleased with Usborne books. High quality binding, cover and thick semi glossy pages. The content of the what's happening to me books for boys and girls are both above adequate for your kids starting to reach puberty. Very informative and age appropriate information.

This book is really good for teaching young girls about their bodies. I chose to read it to my girls and will NOT allow them to look at it themselves as the author has strayed from facts and put in their opinion concerning sexual partner choices which did not even need to be covered. Had this been left out I would have given it a higher rating.

I am totally glad I bought this for my nine yr old girl. She is engrossed and I know she will learn and understand a lot more from this book. The pictures are helpful and the wording is pretty simple enough for their age. The book was in really excellent condition so I thank the sellers so much.

I really wish I had had this book before my first period, as my Mum never told me a thing. I think that is the reason why I use to get embarrassed about talking about anything period related, I still can't talk to Mum about periods to this day, and I'm 37 with 2 kids.. My oldest is nearly 10 has just recently got a lump under her nipple, which I had to google as I didn't know anything about this and I don't recall it happening to me. Great book

This book is along the lines of the American Girls' book called The Care and Keeping of You, but it goes a step farther. It introduces your young girls to middle school issues about the body and feelings for boys and such. It is a conversation starter. I wondered how to bring the subject up with my daughter without pushing it on her before she was ready. This book (which my daughter saw on

the shelf at the bookstore and asked to buy) tastefully brings up the subject matter so she can have a jumping off point when she is ready to start asking questions. I recommend the AG book first and then move her up to this one for more IN-DEPTH information on her own body, as well as an introduction to what boys are like.

My nine year old suddenly decided to read this after it had been sitting on her shelf for several months. She read it cover to cover. Be prepared for questions!

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