

Adolescence: A Book Guide for Pre-teens and Those Who Live With Them

The list below is a limited selection from a wide variety of books on puberty and sexuality available today. Visit a local library or bookstore to browse and decide on those that best fit your philosophies, needs and styles of child rearing. Information presented in these books does not necessarily reflect the philosophy or practice of Children's Hospital and Regional Medical Center.

Books For Kids

Are You There, God? It's Me Margaret

Blume, Judy, 1970

When her family moves to New Jersey, eleven-going-on-twelve-year-old Margaret Simon has to adjust to life in the suburbs, a different school, new friends and someone to talk to about growing up.

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 workbook 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 parents' guide.

Continued

A Book Guide for Pre-teens and Those Who Live With Them

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 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 misinformation 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, 1987

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, 1988

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.

Continued

A Book Guide for Pre-teens and Those Who Live With Them

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).

Justin Richardson & Mark Schuster, 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.

Children's Hospital Healthy Eating/Activity Packets.

Helpful information about nutrition and exercise from a variety of resources organized by age. Call 1-866-987-2500, option 4, to have a packet sent to you.

How Can You Say That?

Lynch, A., 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 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 Seven-Year Stretch. How Families Work Together to Grow Through Adolescence

Kastner, Laura S. and Wyatt, Jennifer T., 1997

Using detailed family vignettes and dialogues, these authors explore issues and factors impacting adolescents and families, suggesting new tools and family strengths to assist all through this life event.

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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 our 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 Web Sites

- www.4girls.gov
Developed by the Office on Women's Health in the Department of Health and Human Services, this web site gives girls ages 10 to 16 reliable, current health information.
- www.dadsanddaughters.org
- www.kidshealth.org
- www.seattlechildrens.org/our_services/clinical_services?adolescent_resources.asp

For More Information

- **Contact your health care provider.**
- **Call Children's Resource Line:**
(206) 987-2500 or 1-866-987-2500
toll-free Washington, Alaska, Montana, Idaho
- **Visit www.seattlechildrens.org**

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