
A Book Guide for Pre-Teens and Those Who Live with Them

The experts who teach “For Girls Only” and “For Boys Only” classes provide this list as a sampling of the many books available on puberty and sexuality. Take a look at these books and decide on those that best fit your needs and style of parenting. To learn more about the classes for pre-teens and parents, visit www.seattlechildrens.org/classes.

For Girls

My Body, My Self for Girls

Madaras, L. and Madaras, A., 2007, Newmarket Press

My Feelings, My Self

Madaras, L., et al, 2002, Newmarket Press

Period

Loulan, J., et al, 2001, Volcano Press

Puberty Girl

Movsessian, S., 2005, Allen & Unwin Pty., Limited

The Care and Keeping of You: The Body Book for Girls

Schaefer, V., 1998, American Girl Library

The Feelings Book: The Care and Keeping of Your Emotions

Madison, L., 2002, American Girl Library

The Period Book: Everything You Don't Want to Ask (But Need to Know)

Gravelle, K. and Gravelle, J., 2006, Walker Publishing

What's Happening to My Body? Book for Girls

Madaras, L., 2007, Newmarket Press

For Boys

Boy's Guide to Becoming a Teen

American Medical Association, Middleman, A., ed., 2006, Jossey-Bass

My Body, My Self for Boys

Madaras, L. and Madaras, A., 2007, Newmarket Press

Puberty Boy

Price, Geoff, 2006, Allen & Unwin Pty., Limited

What's Going on Down There?: Answers to Questions Boys Find Hard to Ask

Gravelle, K., 1998, Walker Publishing

What's Happening to My Body? Book for Boys

Madaras, L., 2007, Newmarket Press

For All Pre-Teens

It's Perfectly Normal

Harris, R.H., 2004, Candlewick Press

It's So Amazing! A Book about Eggs, Sperm, Birth, Babies and Families

Harris, R.H., 2004, Candlewick Press

Sex, Puberty and All That Stuff: A Guide to Growing Up

Bailey, J. and McCafferty, J., 2004, Barron's Educational Series

What's Happening to Me?

Mayle, P., 2000, Lyle Stewart

For Parents

101 Ways to Help Your Daughter Love Her Body

Richardson, B. and Rehr, E., 2001, Harper

Everything You Never Wanted Your Kids to Know About Sex (But Were Afraid They'd Ask)

Richardson, J. and Schuster, M., 2004, Three Rivers Press

Getting to CALM: Cool-headed Strategies for Parenting Tweens and Teens

Kastner, L. and Wyatt, J., ParentMap dba Gracie Enterprises, 2009

Girls Will Be Girls: Raising Confident and Courageous Daughters

Deak, J. and Barker, T., 2003, Hyperion

How Can You Say That: What to Say to Your Daughter When One of You Just Said Something Awful

Lynch, A., Ashford, L., 2003, American Girl Library

Keep Talking: A Mother-Daughter Guide to the Pre-Teen Years

Madison, L., 1999, Andrews McMeel Publishing

Real Boys: Rescuing Our Sons from the Myths of Boyhood

Pollack, W., 1999, Owl Books

Ten Talks Parents Must Have with Their Children About Sex and Character

Schwartz, P. and Cappello, D., 2000, Hyperion

The Wonder of Boys: What Parents, Mentors and Educators Can Do to Shape Our Boys into Exceptional Men

Gurian, M., 2006, Tarcher/Putnam

The Wonder of Girls: Understanding the Hidden Nature of Our Daughters

Gurian, M., 2003, Atria

Why Do They Act That Way? A Survival Guide to the Adolescent Brain for You and Your Teen

Walsh, D., 2005, Free Press

Information in these books does not necessarily reflect the philosophy or practice of Seattle Children's Hospital.

To Learn More

- www.4girls.gov
- www.greatconversations.com
- www.seattlechildrens.org
- Seattle Children's Resource Line
206-987-2500 or 866-987-2500
toll-free Washington, Alaska, Montana, Idaho
- Your child's healthcare provider

Seattle Children's will make this information available in alternate formats upon request. Call Marketing Communications at 206-987-5205 or 206-987-2280 (TTY).

This handout has been reviewed by clinical staff at Seattle Children's. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's healthcare provider.

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