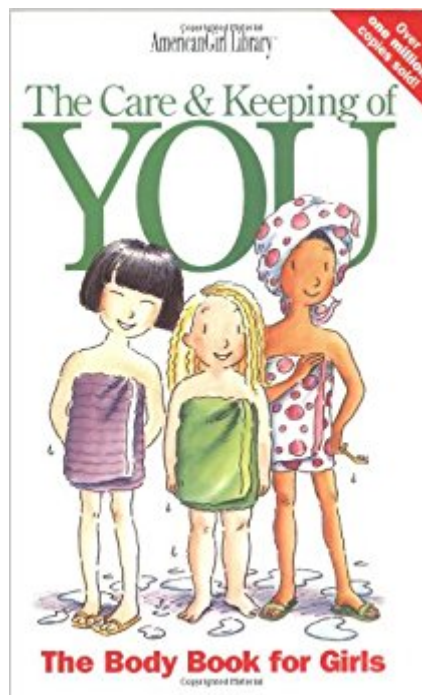




The book was found

The Care And Keeping Of You (American Girl) (American Girl Library)



Synopsis

The bestselling guide has sold more than 3 million copies! It answers all the questions preteen girls have about their bodies, from healthy eating to bra buying to periods. It offers guidance on basic hygiene and health without addressing issues of sexuality.

Book Information

Lexile Measure: 880L (What's this?)

Series: American Girl Library

Paperback: 104 pages

Publisher: Pleasant Company Publications; 1 edition (September 1, 1998)

Language: English

ISBN-10: 1562476661

ISBN-13: 978-1562476663

Product Dimensions: 7 x 0.2 x 10.9 inches

Shipping Weight: 6.4 ounces

Average Customer Review: 4.8 out of 5 stars 829 customer reviews

Best Sellers Rank: #58,619 in Books (See Top 100 in Books) #89 in [Books > Children's Books >](#)

[Growing Up & Facts of Life > Health > Personal Hygiene](#) #389 in [Books > Children's Books >](#)

[Growing Up & Facts of Life > Friendship, Social Skills & School Life > Girls & Women](#)

Age Range: 8 and up

Grade Level: 3 and up

Customer Reviews

I bought this for my newly 11 year old a few years ago. I wanted her to have it on her bookshelf as a resource to use on her own, but also so I could read to her on relevant topics as they came up. Well she started her period yesterday which came as a surprise to both of us, and I am glad we have this book to read through together. It is at the PERFECT level for her. She is still a child in so many ways, but at that funny tween stage where she she needs antiperspirant, gets a pimple now and then, and has mixed feelings about her developing breasts. So much of this puberty stuff brings embarrassment for girls, and that is why it is nice to have a book like this. Sometimes they want to read about these things in private, in addition to our mom & daughter talks. I love that this book talks about your whole body, not just breasts and periods. It talks about taking care of your teeth, hair, skin, ears, nails, etc. The happy illustrations bring the book to life and give it a warm, friendly feel that appeals to the child in her. Some parents may dislike that it has "graphic" illustrations on how to

insert a tampon, but you know, that is exactly where we are right now, and I am grateful that a book is addressing that. Yes, girls have vaginas and there is nothing wrong with showing them illustrations of them or how a tampon goes in. Her vagina is just as much a part of her body as her eyes or feet! It is not dirty or "inappropriate." I recommend getting this book and having it on hand as early as age 8. Girls can start their periods (and other pubescent things like needing deodorant or a bra) as early as age 9. It's best to start having chats early enough to prepare them.

Bought this book for my co worker! He's a single dad and has a little girl that's turning into a teenager. I recommended this book because I read it as a kid and it thought me a lot! Loved the price! Shipping was fast they told me dec 19th and I got it on the 5th! It was used but you can't tell really! there was a little note in the book I just white outted it!

My 11 year old daughter recieved this book as a birthday present from her big sister. This book is a tell all book about taking care of yourself from pimples to hygiene. It has great pictures as well. It gives an insight of what preteens maybe going through during the middle school years. Parents, I would suggest that you review the book to make sure your daughter is ready for such a detailed book. This book can make an excellent gift for any occasion! from a grateful mother!

My daughter will be turning 9 next month, and she has already started growing breast buds. I bought this book for her but also for myself, as I didn't know how to explain things quite right, in which would be appropriate for an innocent 9 year old that knows nothing about puberty! I read through the book while she was at school and i was pleasantly surprised at how it introduces each subject and goes into detail about how to take care of oneself. I thought it provoked self-confidence and feeling comfortable in one's own skin. I wish I had this book when I was going through puberty. The only thing I did not feel was appropriate for my daughter was the 2 pages on how to insert a tampon, which also gave cartoon drawings of such. I taped the two pages together so that she wouldn't be able to see it. I'm not ready to show her that yet, but that's just MY personal opinion. Everything else in the book was age appropriate for a pre-tween, I highly recommend this book! When my daughter came home from school she was so excited to read it, and I told her we will be reading it together, and if she had any questions, now was the time to ask. I love how the book encourages them to ask their mom or other trusted adult about anything!

I received this book yesterday, and really enjoyed reading through it by myself. My daughters are 8

and 6, and I will be reading this to my 8 year old in the next couple of months. It describes the transition from little girl to woman literally from head to toe, and I think it will help my daughter to realise that growing up is more than just breasts and periods. It is a time of huge change, where girls become very self-conscious and they need to understand that there are actually things they can do to keep themselves physically and emotionally healthy, and maintain a healthy body image. My girls love to use my make-up and my hair products because it makes them feel grown-up, and this book makes them realise that part of growing up is taking better care of a body that is changing shape and starting to do things it has never done before. It is very light on the subject of periods, but I don't think that is all bad - it is going to be the most unexpected and strange part to learn about, but this minimalist approach, I believe, sends a message of "it's really no big deal - it's only one part of growing up". WHY periods happen probably needs a little more detail, but if they already know how babies are made (which I think they should know before they find out about periods), then that part won't require much extra explanation. The tampon thing may seem a bit of a strange inclusion, but really - how many of us have daughters that have never seen a tampon lying around in the bathroom or in a handbag? I think this is perfect for my daughter's age, and there are other books that will give her more detail about growing up and sexuality (as opposed to sex) down the track when it is a more appropriate age.

being a single dad to two pre-teen girls (10 and 12) i was never really sure how to talk about, well, you know - THE talk about the changes their bodies are going through. My older girl has already gone through puberty (poor thing...at that age), so i didn't think she would get much out of the first book in the series...she didn't. she read this and the 2nd book for older girls in the series and said they were good, but she didn't get a lot out of it. the younger girl though, jsut now getting ready to go through the same changes, enjoyed them both. I htink this is a good book for people like me (single dads of little girls) for introducing the subject and encourage open discussion - in a way comfortable for both of you.

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