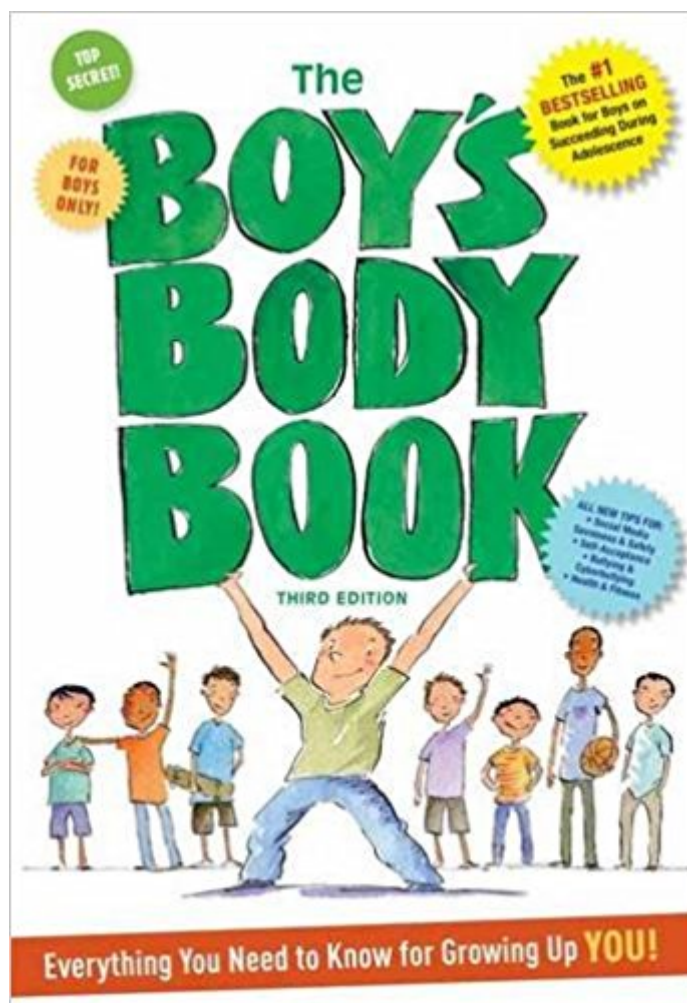


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# The Boy's Body Book: Third Edition: Everything You Need To Know For Growing Up YOU



## Synopsis

You have questions? We have answers to everything you need to know for growing up you! Growing up isn't as easy as it looks. With changing emotions, friends, expectations, and bodies, some days it can seem like life is one big roller coaster ride. The Boy's Body Book is the #1 bestselling guide for boys, and it's here to help with expert advice, common sense tips, fast facts, and answers to all questions a boy might have. Topics include: \* From hair care to athlete's foot, a head to toe guide to what's happening with your changing body \* Basketball football, soccer, chess: How you can excel no matter what you like to do \* The care and keeping of parents, teachers, brothers, and sisters \* How to keep your friends and your morals, and what to do if peer pressure or bullying starts to become an issue \* And so much more!

## Book Information

Paperback: 128 pages

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Product Dimensions: 7 x 0.4 x 10.2 inches

Shipping Weight: 12.8 ounces

Average Customer Review: 4.6 out of 5 stars 481 customer reviews

Best Sellers Rank: #42,712 in Books (See Top 100 in Books) #20 in Books > Children's Books > Growing Up & Facts of Life > Health > Maturing #32 in Books > Children's Books > Growing Up & Facts of Life > Difficult Discussions > Abuse #34 in Books > Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Peer Pressure

Age Range: 9 - 12 years

Grade Level: 4 - 7

## Customer Reviews

"Children deserve correct answers to their questions in clear, basic terms...In addition to talking to your child about the inevitability of puberty, give him books about the topic so he can explore the topic on his own." The Boy's Body Book, by Kelli Dunham, is a great introductory guide to questions relating to puberty, relationships, bullying, school pressure, peer pressure, healthy living, and stressful situations. " (Lauren Knight, The Washington Post) "A great buy for any parent worried about navigating puberty and everything that comes with

it. (Clint Edwards, No Idea What I'm Doing: A Daddy Blog) "Research in a digestible soundbite? Sign us up for more of those please... We laughed out loud and then had the great conversation that you always hope will start when you hand your kid a book like this one. (Erin Dymowski and Ellen Williams, Sisterhood of the Sensible Moms) "Dunham is a registered nurse and a comedian who has assembled experts including a Coach of the Year and a professor who researches adolescence to create an informative and fun-to-read resource. (Elizabeth Foy Larsen, Unbored: The Essential Field Guide to Serious Fun 2012) "Aimed at boys ages 10+, this book has lots of sidebars and funny cartoon illustrations, making it easy to pick up and read on any page. It covers a lot of ground, but in a light way. (Debbie Abrams Kaplan, Frisco Kids) "As boys reach adolescence, everything changes. But even if they won't say what's on their mind, they still want straight answers. The Boy's Body Book provides them, in a readable, reassuring, and illustrated guide. He'll learn about what's going on physically (vocal changes, body hair) and how to handle academic pressures, deal with feelings, make new friends, and stay safe through it all. (Park Slope Parents, Tween Suggested Book/Reading List)

Kelli Dunham, RN, BSN is a nurse, comedian, and author of several books, including The Boy's Body Book, The Girl's Body Book, How to Text Boys, and How to Text Girls.

We bought three books about puberty for our 11 year old son. I will post this comment under all three books. The books are The Boy's Body Book, Third Edition: Everything You Need to Know for Growing up YOU by Kelli Dunham, RN; The What's Happening to My Body? Book for Boys. Revised Edition by Lynda Madaras with Area Madaras and It's Perfectly Normal: Changing Bodies, Growing Up, Sex and Sexual Health (The Family Library) by Robie H. Harris. My son read all three books, so I asked him for his feedback on each book and this is what he said. He found the It's Perfectly Normal book to be "more comic, y and less squeamish. He found the Bird and the Bee characters thru-out the book to be "really funny. It's Perfectly Normal contained the most information about sexual intercourse whereas The Boy's Body Book and What's Happening to My Body have more about health. The What's Happening to My Body book contained

It also has a section about being uncircumcized and how to take care of your foreskin. The Boy's Body Book is "fine," but it doesn't really talk about sex and genital changes. It doesn't go into as much detail as the other two books. It does however have more content on older teens, curfew, chores, siblings and divorce. It also has a brief section on what to do if someone tries to touch you inappropriately. The Boy's Body Book also doesn't have a section about girls' bodies, but both What's Happening to My Body and It's Perfectly Normal do have sections about girls. Overall, if parents want a book that is more about emotions, then he recommends the Boy's Body Book; and if parents want a book that is more detailed about sex and genital changes, then he recommends What's Happening to My Body or It's Perfectly Normal.

My son just turned 11. He's a kid-kid, a boy who is still fairly oblivious about any kind of teen issues, but as he's moving on to Middle School and will increasingly be out of mom and dad's parental sphere, it is definitely time to begin talking about the changes he and his body will be going through. So we purchased this book, and I have to tell you that I DON'T LIKE IT. The first thing I didn't like was that negativity in the Introduction. It was all about 'being afraid to ask questions', 'not being able to talk to your parents', 'being ignorant', 'being laughed at', and 'feeling awkward'. Now some kids might feel that way and the book may serve them well by taking such an approach. But my kids (13 & 11) still talk to me (and talk and talk and talk) and I don't really appreciate introducing negative notions that they may not have thought of otherwise. Another thing I disliked was how jumpy the dialog seemed to be. I read the The Care and Keeping of You: The Body Book for Younger Girls with my daughter and it didn't have the same frenetic approach. In Chapter One, for example, the book discusses, Smell, Baths, Getting Dressed, Lotion, How Deodorant works, washing your hands, what a germ is, Shampooing hair, what conditioner is for, ear care, how loud noise can hurt your hearing, zits, washing your face, shaving, brushing your teeth, going to the dentist, braces, smelly feet, what Athlete's Feet is, Drinking, Smoking, and Drugs, Steroids, sleep, and wetting the bed. A lot for one chapter, and though related in topic, you have to know that each of these subjects were presented in the order I listed them, .AND. they were in different text 'bubbles'. I felt like I had whiplash at the end of the first chapter. AND then there's the lack of diagrams. Girls books are chocked full of images of girl bodies. Girls and how they look at different stages of development. How their chest grows, their body hair. This book, one tiny not-too-realistic

drawing. Which ties into the fact that words were used that some boys aren't going to know the definitions of. (I'd list them here, but then the review probably wouldn't post.) But generally speaking, I was hoping for a book that would parallel the girl-books we've purchased, that would talk about hair growth, hormones, and girl-boy relationships in less frivolous manner. So... This book might be great for your son. It covers a lot of material, and so it might get a conversation going. But I really thought it was off base for what I was looking for. Something with more emphasis on biology, and less emphasis on finding friends after you move, and money, and what he might be when he grows up. Pam T~mom/fur-mom

This was a great way to teach my grandson about things he was going thru but afraid to ask. So much is hear say but now he know the facts. I think this helped him out a lot to know about his body and to prepare for changes that will be taking place. We didn't have to have the embarrassing grandma to grandson talk. Very nicely written and accurate information tactfully written and on a teenage level.

This has been a good book to help start different conversations between both my sons and I. It has lots of information that they can understand & helps them ask questions about all kinds of stuff. I do recommend this for young boys before they go through puberty.

Love this book. I just received it and read through it and it is very easy to understand and age-appropriate. I have not yet given it to my son, but I will soon. He is almost 10 and I think this book gives the right amount of information for this stage in his life. He is still very much a kid and not ready for the full sex talk, but I feel I need to prepare him for the coming changes in his body. I have looked at many other puberty books, and have not been satisfied with them. Either they shared more than I liked or were confusing in the way the material was presented. But this one is perfect!

My son (age 10) and I loved reading through this together. Now he keeps it by his bed so if he has questions, he can consult the book anytime!

Bought for the second time for my second boy.

This book hits just the right tone for guys who aren't quite "kids" anymore, but who are still closer to "kid" than adult. Yes, that word "tween". This book is lighthearted, but honest and straightforward, in

language that not only can a middle school dude understand, but also relate to, and not be embarrassed. The graphics are inviting, and it's set up where it can easily be read straight through, or simply sample pieces of it here and there. This is a great resource for parents who want their sons to have GOOD information about these challenging "tween" years.

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