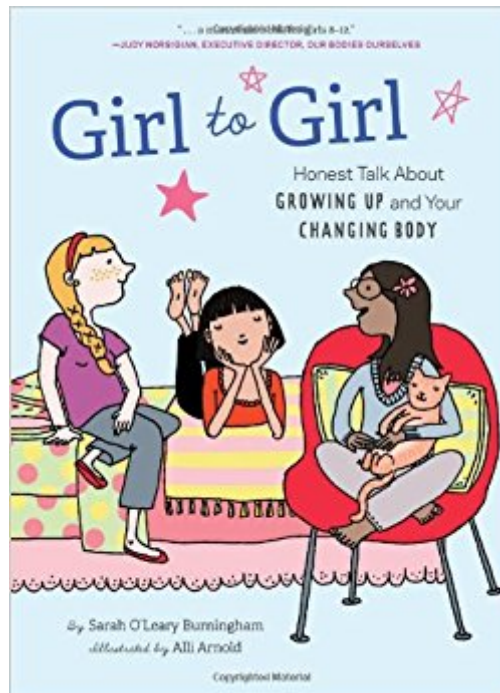




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Girl To Girl: Honest Talk About Growing Up And Your Changing Body



Synopsis

Being a girl isn't always easy, and growing up is far from a walk in the park. This time of transition is particularly confusing without a confidante to help. Meet Sarah O'Leary Burningham, a real-life big sister here to coach preteens through all of life's big moments, from first bras to first periods. Filled with letters and testimonials from real girls—as well as confidence-boosting advice and myth-busting sidebars—this fun, accessible, and highly visual book is a must-have for every girl navigating her way through the preteen years.

Book Information

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Average Customer Review: 4.8 out of 5 stars 45 customer reviews

Best Sellers Rank: #77,019 in Books (See Top 100 in Books) #25 in [Books > Children's Books > Growing Up & Facts of Life > Health > Maturing](#) #504 in [Books > Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Girls & Women](#)

Age Range: 8 - 12 years

Grade Level: 3 - 7

Customer Reviews

Gr 3-7—Adolescence can be an exciting time for girls—one of mental and physical changes. But those changes are not without challenge. Burningham's guide is a solid and sound coaching manual for preteen girls starting or approaching puberty. The author's voice combines a cool-big-sister style with pinches of a life coach vibe. In a time when girls may get misinformation not only from peers, but also the Internet, this book is a clearly written and accessible resource. Burningham covers the gamut of concerns from first bras to first menstrual periods. The information provided is complemented by Arnold's colorful illustrations, which depict a diverse group of girls with various body types. Particularly helpful are the use of "Myth Buster" sidebars and questions from real girls that Burningham thoughtfully answers. Parents and schools looking for an informational text on puberty for growing girls can feel confident in adding this one to their personal health

collections.Â¢ââ Elaine Baran Black, Georgia Public Library Service, Atlanta

Burningham has three younger sisters, and it shows in her friendly and positive approach to explaining the ins and outs (and ups and downs) of puberty. She discusses a wide range of both physical and emotional concerns, drawing on information provided by expert physicians, stylists, and counselors while maintaining the tone of a conversation among trusted girlfriends. The expected explanations of first periods and leg shaving are included, but the book takes a holistic approach to discussing the changes of adolescence, including looking good and feeling emotionally healthy. Burningham emphasizes letting go of the quest for perfection and encourages readers to develop healthy habits and a positive relationship with food. The illustrations, though cartoon, aren't skittish about clearly and frankly depicting the text, including sections involving the naked body. Books on the topic of puberty are notorious for being awkwardly imagined, but this exhaustive resource is appealing in format, tone, and the broad scope of timely topics that it covers. Grades 5-8. --Erin Anderson

Amazing!! I'm pre-reading this book before giving it to my 9 year old, and I absolutely love it's focus on the positive. There's enough in our society to make girls insecure about themselves without it being suggested to them, or without "helpful tips on how to fix your flaws"-this book doesn't have this which is perfect. My daughter is way more confident about her appearance than I ever was myself, and I want her to stay that way. This book is all about rocking what you've got. It touches on things like makeup and hair products, which girls will naturally be curious about, but really focuses on how 'au natural' is the best, and keeping things light if you do use it rather than saying how it will cover what you're insecure about. The author also refers to respecting family rules on things like that which helps girls know that even if it seems like "everyone else is allowed" that they aren't the only ones with rules. I know all girls are coming from a different perspective, and there are some good books for girls who are already insecure (I almost bought a different one until I read in a review how it took the approach of dealing with things like braces, acne, freckles, etc. from the position of overcoming the insecurity) which is great, but if you're looking for a nice friendly book that takes a different approach, this one is absolutely fantastic!!! I'd give it more stars if I could!!!

I love that this book speaks right at my 9-year old's level....BUT doesn't go as far as some other books - Thanks goodness! Some other books along this topic, for me anyway (and her daddy), march right up to sex. My 9-year old hasn't reached the topic of her period yet, as these are all new

topics: hormones, training bras, deodorant...I feel squeezing sexual feelings and such may just be going a bit too far for us right now. So this book fits us just right.

Why is Girl to Girl my favorite book??I have read many books over the years that seek to educate young teens or tweens about their changing body. Some are rather cutesy woots and don't provide the needed facts or right tone, others are way to droll and would probably not get read beyond the first chapter. This book, however, includes topics that girls really want to know about and it does it in a fun and reassuring way. Along with that, there are illustrations, easy to use charts and information that will address even the most sensitive questions. Some of the topics in the book include: Finding the right bra, how to handle your period, creating healthy habits, and pierced ears and nail care. Of importance, is that there are medical and health experts who are resources and who endorse the book. What sets Girl to Girl apart for me is that it is an actual book that can be read, saved and referenced anytime, anywhere and anyplace. Also, I really like the way that the author, Sarah O'Leary Burningham becomes the big sister, the best friend and the knowledgeable, trusted expert all rolled into one. It is obvious that she understands the trials and tribulations that teens today experience and knows how to relate. Disclosure: I am quoted in the book. Yep, Elaine R.N. is one of the sources of information used in the book. You can find my nurse wisdom in the chapter focused on menstruation and product use. Before you roll your eyes and say that is why I like the book - know that I have been quoted in books before. This book is special in the way that it connects with girls and serves as a spirited guide through challenging times. I have purchased the book for my own granddaughters for future use. In fact, I got them each their own copy. They are only seven, but by the time they are nine they will be ready for the information. And, this is the book I want them to have.

This was a jewel of a book for me and my 11 year old girl. The wide range of real questions - including things she was fascinated by like how to you wash a bra, what is shaving your legs for - alongside the expected information about changing bodies was simply brilliant. Accessible, but not condescending; sophisticated information without going over her head; vital and interesting information girls face about bodies, clothes, appearance, and friendships, without implying "all girls should worry about this."

I bought this for my 12 year old daughter. She has been curious about puberty and how people change and develop. I went through the book before I gave it to her and found it very appropriate in

tone and subject matter. It mentions bras, braces, bodily hygiene, and how to shave and insert tampons. The pictures are illustrated in a clear, easy to understand manner. I feel this is age appropriate for girls at least 10 years of age. Very pleased with this book.

Great job exclaiming what can be awkward topics for moms and daughters. My daughter is slightly immature for 9 but is already needs this book. It was great to be able to let her read it and then ask any questions she wants.

Perfect. Our daughter started puberty very early, age 7.5, and really needed this help. She brings it with us to discuss and/or we read it with her, depending on her needs at that moment. Very, very helpful.

This book really helped me explain to my 8 yo changes that will occur in her body. I was nervous about talking about certain things but this book made it easy for me and it was easy for her to understand as well.

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