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Parents need to know that The Period Book: A Girl's Guide to Growing Up offers clear, helpful information for girls about the ways they're changing physically and emotionally during puberty. This 2017 revision of Karen Gravelle's original book (published in 1996) thoroughly covers menstruation and much more, including

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From the makeup artist on TLC's What Not to Wear, a full color make-up book that shows teenagers how to embrace their own inner beauty. Carmindy gives teens the beauty basics and best skin-care practices needed to grow up gorgeous. Instead of teaching them to cover up their "flaws," she demonstrates how to emphasize their best features in the most effortless and teen-budget-friendly ways ...

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Breast development during puberty occurs in stages. In this section, we will discuss these stages along with the changes that you can expect with each: First stage. In the first stage (during childhood) the breasts are flat. Early breast development. Breast development usually occurs two to three years before a girl's first menstruation.

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