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The Girls' Guide to Growing Up Great: Changing Bodies, Periods, Relationships, Life Online (Paperback) Sophie Elkan (author), Lau-

ra Chaisty (author), Dr Maddy Podichetty (author), Flo Perry (illustrator) Sign in to write a review. £8.99. Paperback 208 Pages / Published: 05/03/2020.

The Girls' Guide to Growing Up: Choices & Changes in the ...

Buy *The Girls' Guide to Growing Up* by Naik, Anita, Horne, Sarah (ISBN: 9780750298957) from Amazon's Book Store. Everyday low prices and free delivery on eligible orders.

The Girls' Guide to Growing Up is written by an experienced sex educator who specializes in working with people with intellectual disabilities. Parents, physicians, schools, and support groups will want to share this encouraging book with girls to help answer their questions about puberty and reassure them it's all part of growing up.

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The Girls' Guide to Growing Up Great: Changing Bodies, Periods, Relationships, Life Online Paperback - 5 April 2018 by Sophie Elkan (Author), Laura Chaisty (Author), Dr Maddy Podichetty (Author), 4.6 out of 5 stars 169 ratings See all formats and editions

The Smart Girl's Guide To Growing Up. The Smart Girl's Guide To

Growing Up is the essential guide to problem-free puberty. Every smart girl knows when to ask for advice, and this book is an indispensable companion to growing up. Addressing all those cringey questions about periods, boys that adults squirm at answering, Anita Ganeri's sensible, light-hearted advice will calm the fears of any worried young woman.

The Girls' Guide to Growing Up Great is filled with quirky illustrations from the fabulous Flo Perry, coupled with space to scribble your own thoughts and ideas. With additional contributions from Laura Chaisty, a trained psychotherapist, as well as medical input from GP Maddy Podichetty, this well-balanced book gives a modern reflection of what it's like growing up today.

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About *The Girls' Guide to Growing Up Great*. Going through puberty? Thinking about puberty? Worried about growing up? Don't worry! This book is for you. Packed with facts and thoughtful advice, plus words of wisdom from older women and quotes and questions from girls who are also going through it, this book covers every aspect of going through puberty for girls (and even has a chapter on what's going on with boys because knowledge is power, after all).

Excellent book for young girls growing up and starting puberty, however I did find the part explaining sex was a little bit advanced for younger girls. It was not something I wanted my 11 year old to know about just yet so I glued the pages together ☑ apart from that it's a great book

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Books about puberty and growing up for girls

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