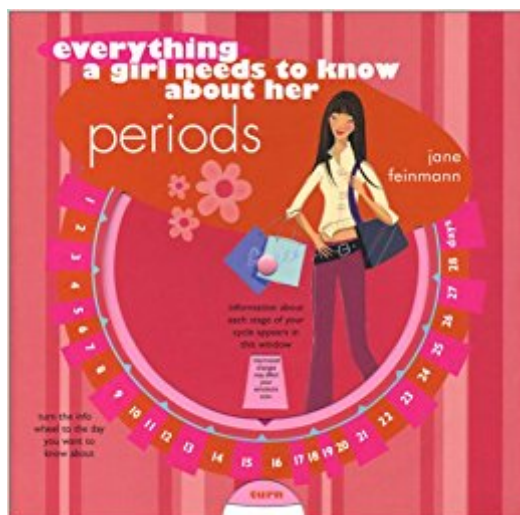


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# Everything A Girl Needs To Know About Her Periods



## Synopsis

Everything A Girl Needs To Know About Her Periods is an informative and interactive book to guide a girl through the changes that accompany her menstrual cycle. The book's contemporary look and down to earth writing style offers an accessible way to provide accurate, easy-to-grasp information about puberty and the menstrual cycle. Organized into three sections; Body Basics, Monthly Cycle Overview and Common Concerns, the book addresses everything from "Why do I have a period?" and "How do I use a tampon?" to "What if my periods aren't regular?" and "What is an internal exam?". The cover includes a discreet calendar to record menstrual dates, as well as a wheel that gives a day-by-day explanation of the cycle. Everything A Girl Needs To Know About Her Periods is a book that parents and advisors will feel comfortable giving to young women to help them understand their periods, reduce their anxiety, and feel more in control of their lives.

## Book Information

Paperback: 144 pages

Publisher: Sellers Publishing (September 1, 2003)

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Product Dimensions: 6.7 x 6.2 x 0.6 inches

Shipping Weight: 11 ounces

Average Customer Review: 4.5 out of 5 stars 6 customer reviews

Best Sellers Rank: #444,710 in Books (See Top 100 in Books) #32 in Books > Teens > Personal Health > Maturing #398 in Books > Parenting & Relationships > Parenting > Parenting Girls #696 in Books > Parenting & Relationships > Parenting > Teenagers

## Customer Reviews

Gr. 5-9. This small, square book offers a breezy overview of menstruation. A few cursory introductory spreads review body changes girls can expect during puberty. The majority of the book, though, focuses on the menstrual cycle, offering a description, day by day, of what many young women experience over a month's time. It's disappointing that a book designed to inform and reassure girls features only stylized illustrations of supermodel-glamorous young women with idealized Barbie physiques. The diagrams that accompany the text are also weak, and the book's interactive cover, with a movable wheel of period facts and a foldout calendar, isn't ideal for library circulation. But Feinmann encourages readers to become familiar with their bodies not only during

their periods but also throughout the month, and she includes some interesting, rarely encountered facts: gums and mouth tissues may be more sensitive just before menstruation, for example. Younger girls with similar questions on the topic will want Lynda Madaras' excellent *Ready, Set, Grow!* [BKL O 1 03]. Gillian Engberg Copyright © American Library Association. All rights reserved

"Girls used to learn about menstruation through movies in gym class. Modern females can simply read this teen-friendly book." -- Chicago Tribune, January 4, 2004  
Chicago Tribune, January 4, 2004  
"a beautiful little book to help the prepubescent girl prepare for her first period" -- Courier Journal (Louisville, KY), November 27, 2003

I have been searching for a book like this for my daughter who is approaching puberty. Most books in this genre don't address the natural fertility signals that inform a girl about what's going on in her body; the only other I've found is Weschler's book "Cycle Savvy" which is also good, but not appropriate for younger teens. This book goes through the cycle almost day-by-day and talks the active hormones, the physical signs of those days such as cervical fluid & breast tenderness, and it also talks about the kind of emotions to expect. While it's built on a traditional 28-day cycle, it does address the fact that some women have longer or shorter cycles, and points out that it's the pre-ovulatory phase that can vary in length. At the same time, it doesn't go too far into details that a young girl doesn't need to know yet; sex is not addressed. As far as feminine health & hygiene goes, there is information about disposable pads and tampons, but not any other options. It does have a drawing of how to insert a tampon. There is a page about having a GYN visit; the picture just has a doctor holding a speculum. In terms of art, as another reviewer mentioned all the girls are relatively Barbie-shaped, but there is a wide range of ethnicities represented. There is one page that shows some variation in weight, but even the larger girl looks rather svelte and lanky. My daughter commented on the length of the girls' legs, but at the same time she seems to enjoy the illustrations. Highly recommended!

I found this book to contain good information, presented in just the proper way for young girls. Whether you intend to introduce this book before or as a follow-up to your personal chat with your daughter on the subject, this book presents the facts in a straight-forward, uncomplicated, and gentle fashion. The book contains a little calendar wheel for learning how to properly calculate dates. All the information a girl needs in one cute little, discreet book. I recommend 100%.

Great book

Comprehensive and colourful. Appealed to my girls. They didn't like the small format though. Characters inside were appealing and easy to identify with.

I was looking for a contemporary and fun way to talk with my daughter about menstruation. I wanted facts, I wanted science, I wanted something that she could use, not a book that would talk down to her or one that would sit on her shelf. The presentation of the book appeals to her. She likes getting quick, at-a-glance info on the front cover wheel about what she can expect to happen as she moves through her cycle. The illustrations appeal to her. The information is presented clearly. The book straddles that sometimes awkward age between childhood and young adulthood. I didn't want to move too fast or too slow and this book helped me help her. I like it and recommend it.

It was pretty good but it could have given more info. A 12 year old needs a bit more than this offers. But it does give pretty good info.

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