

A Book Guide for Pre-Teens and Those Who Live with Them

This list is a sampling of the many books available on puberty and sexuality. Visit a library or bookstore to take a look at these books and decide on those that best fit your needs and style of parenting.

For All Pre-Teens

Will Puberty Last My Whole Life?

Metzger, Julie and Lehman, Rob, 2012, Sasquatch Books

It's Perfectly Normal

Harris, R.H., 2004, Candlewick Press

It's So Amazing! A Book about Eggs, Sperm, Birth, Babies and Families

Harris, R.H., 2004, Candlewick Press

Sex, Puberty and All That Stuff: A Guide to Growing Up

Bailey, J. and McCafferty, J., 2004, Barron's Educational Series

What's Happening to Me?

Mayle, P., 2000, Lyle Stewart

For Girls

My Body, My Self for Girls

Madaras, L. and Madaras, A., 2007, Newmarket Press

My Feelings, My Self

Madaras, L., et al, 2002, Newmarket Press

Period

Loulan, J., et al, 2001, Volcano Press

The Care and Keeping of You: The Body Book for Girls

Schaefer, V., 1998, American Girl Library

The Feelings Book: The Care and Keeping of Your Emotions

Madison, L., 2002, American Girl Library

The Period Book: Everything You Don't Want to Ask (But Need to Know)

Gravelle, K. and Gravelle, J., 2006, Walker Publishing

This is Me – a Girl's Journal

Metzger, Julie RN, MN, 2014, Little Bigfoot, Sasquatch Books

What's Happening to My Body? Book for Girls

Madaras, L., 2007, Newmarket Press

Puberty Girl

Movsessian, Shushann, 2005, Allen & Unwin Pty., Limited

For Boys

Boy's Guide to Becoming a Teen

American Medical Association, Middleman, A., ed., 2006, Jossey-Bass

My Body, My Self for Boys

Madaras, L. and Madaras, A., 2007, Newmarket Press

What's Going on Down There?: Answers to Questions Boys Find Hard to Ask

Gravelle, K, 1998, Walker Publishing

What's Happening to My Body? Book for Boys

Madaras, L., 2007, Newmarket Press

Puberty Boy

Price, Geoff, 2006, Allen & Unwin Pty., Limited

For Parents

Getting to Calm AND Wise Minded Parenting – 7 Essentials for Raising Successful Tweens and Teens

Kastner, Laura, Parent Map

Girls Will Be Girls: Raising Confident and Courageous Daughters

Deak, J. and Barker, T., 2003, Hyperion

How Can You Say That: What to Say to Your Daughter

When One of You Just Said Something Awful

Lynch, A., Ashford, L., 2003, American Girl Library

Raising an Emotionally Intelligent Child – the Heart of Parenting

Gottman, J., 1997, Simon and Schuster

Real Boys: Rescuing Our Sons from the Myths of Boyhood

Pollack, W., 1999, Owl Books

Sex and Sensibility AND Talk to Me First: Everything You Need to Know to Become Your Kids' Go-to Person about Sex

Roffman, D., Perseus Publishing

Why Do They Act That Way? A Survival Guide to the Adolescent Brain

Walsh, D., 2005, Free Press

Online resources and blogs:

- www.4girls.gov (girls health information for preteens)
- http://www.siecus.org/_data/global/images/guidelines.pdf Developmental guidelines for talking to children about puberty and sexual health
- www.kidshealth.org (general health information for kids and teens)
- <http://www.cdc.gov/vaccines/vpd-vac/hpv/downloads/PL-dis-preteens-hpv.pdf> HPV vaccine information from the Center for Disease Control
- <http://teenology101.seattlechildrens.org/> (blog for parenting teens by Seattle Children's)
- Great Conversations – www.greatconversations.com - resource for classes and information

learn more about great conversations

visit our website | www.greatconversations.com