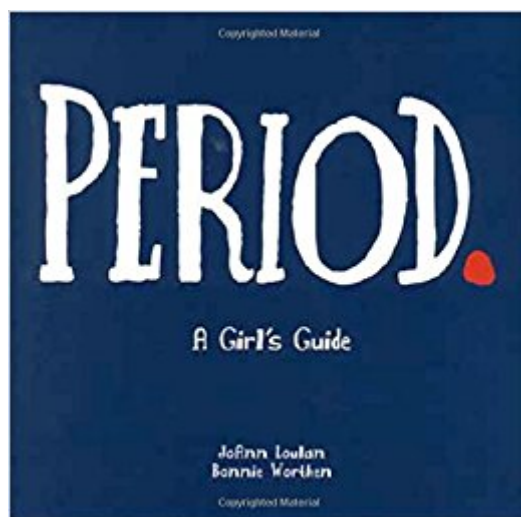


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# Period.: A Girl's Guide



## Synopsis

For parents who do not know how or where to begin this discussion, here are ideas to get them started. A detachable Parent's Guide will lead them through the learning process for themselves and their daughters—and even their sons. The Parent's Guide can also be found in its entirety on the Book Peddlers website at [www.bookpeddlers.com](http://www.bookpeddlers.com). In it you will find: 'Talking About Menstruation'; 'What's The Right Age To Share Information?'; 'Who Begins?'; 'What About The Boys?'; 'Creating Your Own Right-of-Passage'.

## Book Information

Paperback: 100 pages

Publisher: Book Peddlers, The; 4th edition (January 2001)

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Product Dimensions: 0.2 x 7.2 x 7.2 inches

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Average Customer Review: 4.3 out of 5 stars 102 customer reviews

Best Sellers Rank: #29,392 in Books (See Top 100 in Books) #16 in Books > Children's Books > Growing Up & Facts of Life > Health > Maturing #34 in Books > Parenting & Relationships > Parenting > Parenting Girls #93 in Books > Parenting & Relationships > Parenting > Teenagers

Age Range: 6 - 12 years

Grade Level: 1 - 7

## Customer Reviews

A Girl's Guide by JoAnn Loulan and Bonnie Worthen, first published in 1979 and newly revised and updated, thoroughly covers questions about puberty and menstruation. The authors emphasize the positive (e.g., "Being comfortable with your own body is important") and use diagrams to familiarize readers with the inner workings of their bodies, including what happens during menstruation. A question-and-answer format in the last three chapters allows girls to locate easily the information they seek. A parent's guide bound into the back suggests how to begin a conversation about puberty, what to cover, etc. A thoughtful approach for young women facing changes. ;  
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Gr. 5-7. The most obvious change in this revised edition (originally published in 1979 by Volcano Press) is the artwork. The design and the black-and-white line drawings, this time by Chris Wold Dyrud and Marcia Quackenbush, are far more appealing than those in the earlier book. The organization is also much better, with clear subheads setting up answers to questions about such basic, very practical matters as "What do I do when I get my period for the first time?" and "What kind of exercise can I do?" The text has undergone a few changes, too (there's acknowledgement of PMS, for example), though much is the same in its coverage of topics ranging from tampons and cramps to a pelvic exam. New to this edition are a calendar for photocopying and an index (awkwardly positioned before the helpful guide for parents). Unlike Robie Harris' *It's Perfectly Normal* (1994), the focus here is strictly on menstruation; this is not a book about puberty or an introduction to sexuality. But it's a warmly encouraging book, that tells it like it is for young girls.

Stephanie Zvirin Copyright © American Library Association. All rights reserved --This text refers to an out of print or unavailable edition of this title.

I like it. I do miss the old line drawings, but maybe that's not a popular opinion! Lol! It's nice to share a book with my 9 year old that I read at about the same age. I could do without the links to further sex ed via Planned Parenthood in the back, but we just ignore that part and teach our family's values in that regard. Still a great book for kids with questions about puberty and their changing bodies. I love the positive, straightforward tone.

This is a wonderful book. Tells a girl everything she needs to know without going into the sex stuff. (There are great books for that later) I gave this to my niece and she went right into her room shut the door and read it. Same thing happened when I gave it to the 12 year old daughter of a friend.

Still a great book. When my 9 year old was approaching "the talk" I reverred back to the book my mom have me. It was very straightforward and kid friendly. I already recommended it to several ladies with kids the same age.

Great book for my 5th grade daughter.

This book gives great info to you abd your child about the start of you period.

I chose this book to prepare my daughter for what is starting to happen to her body and the changes

to come. I thought it was a good read. I will have her skip the last chapter for now since I don't think she needs to know about the first OBGYN appointment.

I provide care to lots of young adolescent women (11-15 years old), and I refer to "Period" so often that I'd like to see it be part of an informal ritual where young girls get their first pads or tampons and this book, when they start their first periods. JoAnn Loulan's book saw my daughter and me through my girl's first periods, and we laughed, cried, hugged, and shared the female mysteries in a responsible, mature way that left her feeling good about becoming a woman. "Period" has both my and my daughter's confidence about the changes and the new responsibilities of this important time of a young woman's life!

A+ Great Product.

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