

The Care And Keeping Of You 2 Journal For Older Girls American Girl By Cara Natterson

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"Reseña del editor This new journal is especially made for girls 10 and older, and is the companion title to our newest body book, The Care & Keeping of You 2! Within this journal you'll have the perfect place to write down your thoughts about the changes happening to your body, mind, and emotions. So even on the days when you feel out of control, the quizzes, questions, checklists, and drawing assignments will help get you back on the path to feeling your best."

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Girls will find age appropriate answers to questions about their changing bodies from hair care to healthy eating bad breath to bras periods to pimples and everything in between and once she feels comfortable with what s happening she ll be ready to move on to the the care amp keeping of you 2 paperback 104 pages sku f2032
The original the care and keeping of you 1 is a big broad overview of how to grow up healthfully we cover nutrition exercise hygiene breasts although natterson didn t author the original volume she updated it in the process of writing the second book the care and keeping of you 2 covers. Gr 5 7 this follow up to the popular care and keeping of you american girl 1998 is written for slightly older girls with more in depth information about puberty and menstruation navigating through all the changes a body goes through can be a challenge even for the most confident of girls

and this title has a calm measured tone to reassure readers that these changes are a normal part. The care and keeping of you the body book for older girls is a great companion to the first in the series the book presents a lot of information for girls already in the middle of puberty the book covers topics such as how to take care of body hair and dealing with moodiness tampons the sorts of things that girls read seventeen magazine for in a way that is less appearance focused. Parents need to know that the care and keeping of you the body book for younger girls published by american girl is a thorough practical head to toe handbook to help girls handle everyday hygiene and manage the physical and emotional changes of early puberty author valorie lee schaefer walks girls through the basics of puberty including how girls bodies change how to choose a bra and.

The care amp keeping of you 2 the follow up book that girls have been requesting for years is a new york times best seller tcky2 picks up where the first book leaves off

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