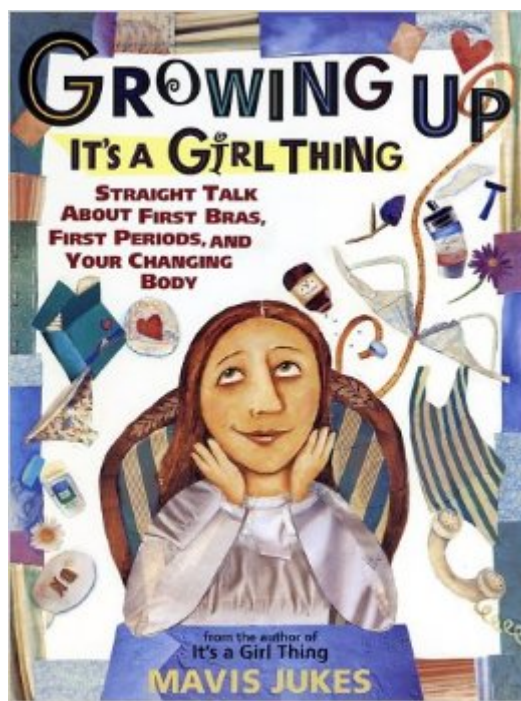


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# Growing Up: It's A Girl Thing



## Synopsis

The author follows up her best-seller *It's a Girl Thing: How to Stay Healthy, Safe, and in Charge* with a light-hearted book of advice for girls ages eight to eleven on menstruation, puberty, and other concerns.

## Book Information

Series: *It's a Girl Thing*

Paperback: 80 pages

Publisher: Knopf Books for Young Readers; 1 edition (September 8, 1998)

Language: English

ISBN-10: 0679890270

ISBN-13: 978-0679890270

Product Dimensions: 7.1 x 0.2 x 9.1 inches

Shipping Weight: 5.6 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (94 customer reviews)

Best Sellers Rank: #82,834 in Books (See Top 100 in Books) #27 in [Books > Children's Books > Growing Up & Facts of Life > Health > Maturing](#) #50 in [Books > Children's Books > Growing Up & Facts of Life > Difficult Discussions > Abuse](#) #63 in [Books > Children's Books > Geography & Cultures > Cultural Studies > General](#)

Age Range: 8 - 12 years

Grade Level: 3 - 7

## Customer Reviews

I have been searching for a book for my daughter (she turned 10 today!) that will help me to explain some of what will be happening to her body over the next few years. So many of the books contain too much information about sex, birth control, etc., that I feel is more appropriate for an older girl (say, 13 and up). This book, though, is just perfect for her age. It touches on all the things I think are important (breast development, first period, pubic hair and so forth). The information, language and tone of this book are just right for a girl who is still a little girl but who will not be for much longer. I am totally comfortable with reading this book to my daughter and then discussing it with her over time. I am sure she will want to take it to read on her own later, too. A wonderful book that I cannot recommend strongly enough for 9-13 year old girls.

I was sure that my 8 year old daughter would find this book "yucky" and it started out that way: She

colored while I read, pretending to ignore me completely as I described the changes to her body which will occur over the next few years. Occasionally, she'd say "gross" or act shocked that I would even mention such things. But as time went on and I continued reading, she slowed coloring and over time began asking tentative, then more direct questions. Several times, things had to be re-read. A few times, she mentioned that what I read was different, and less scary, than the information she had learned from kids at school. (I hid my surprise that I wasn't the first to mention these topics.) Over the next few days, I continued to read the book to her during times we were alone and during times she appeared receptive. I was amazed that basic information about one's body would be perceived as it were the holy grail of third grade. By the final chapter my daughter was drilling me with questions that amazed me, showing a very basic and non-judgmental understanding of the topics covered. Over a few days, she had transformed into a child who could look me in the eye and talk about the "yucky stuff" without any hesitation, embarrassment or guilt. When I finished the book, she asked if she could keep it in her room and read it again. Then, to my surprise, she hugged me and said "thank you, Mom. I'm not so afraid of growing up now. You're the best!" Thank you, too, Mavis Jukes. Your book will help lay a foundation from which my daughter, her father and I can carry on an on-going dialogue in the years ahead about all the "yucky stuff"... which we've found is not so "yucky" after all.

My 10-year old stepdaughter started her first period while staying with us for the summer. I was worried about her comfort level with me in regards to the subject. I found this book in the local library and it was perfect. It is written in a straight-forward, but very comfortable manner. She read it front to back in about an hour, then she came to me and we looked through it together. It made conversation on the subject of puberty very easy. I learned things that nobody ever told me. I give it two THUMBS UP !!

I didn't think I could do "the talk" alone and found myself discussing the subject with our librarian. That night, my 9-year old and I began tackling one chapter a night of this serious but friendly and often humorous book. She looked forward to the anecdotes and I to her excitedness. Its overall tone harks back to Dr. Spock's "trust yourself" philosophy. Freely drawn sketches and shaded text boxes of tips and alerts break the subject matter into manageable segments. Thoughtful, caring and complete.

My friend got a book on Growing Up and I wanted one, but I didn't think my mom would approve.

So, I dealt with not getting one, but then one day while only me and my mom were in the car, she told me that she knew my friend had one, and she even asked me if I wanted one! I was so relieved. I didn't want the same book as my friend because I wanted to be different and not be the copycat (she usually is!). So, I came here. I saw this book, and I noticed that something was better than all the other books. This book was made for me. It just called out my name like my mother was saying, "Buy this book. It is perfect!" So I showed my mom. She said I could order it and I was just so happy. This book is perfect I would say for 9 to 13 year olds. I..., and sense my mother has a hard time explaining puberty to me, this book is the perfect thing...! Thanks for reading!

I THOUGHT THIS BOOK WAS PERFECT FOR THE YOUNGER GIRL (8-11 YEAR OLD) IT GAVE A LOT OF INFORMATION WITHOUT BEING TOO EXPLICIT. I ALSO LIKED THAT IT'S MESSAGE TO (YOUNG GIRLS THAT STARTED THEIR PERIODS EARLY) THAT THEY ARE STILL KIDS, NOT WOMEN. SO MUCH IS SAID AND WRITTEN THAT THE START OF A GIRL'S PERIOD MEANS THAT SHE IS A WOMAN NOW. THAT'S JUST NOT SOMETHING YOU WANT TO STRESS TO YOUR 10 YEAR OLD AND THIS BOOK MAKES THAT DISTINCTION. ALSO ORDERED "THE PERIOD BOOK" BUT THAT WAS A LITTLE TOO GRAPHIC FOR PRE-TEENS.

I liked this book, don't get me wrong. But I did find it a little thin, especially in light of all the topics it covers. That may be a good thing, as most young girls don't need or want to go into a lot of depth on these subjects. But compared to several other books of this nature, I found it a bit sparse. That being said, the book does cover a variety of topics, from choosing a first bra, to developing breasts, internal reproductive organs, external reproductive organs (female only, and not in depth), menstrual periods and dealing with them, and in several places there are comments regarding appropriate behavior by adults towards children (which I was glad was included). All in all it's a nice book for the price, if you don't mind it skimming the surface, rather than delving into these topics.

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