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The care and keeping of you 3

Why? Its general philosophy is summed up on page 10: "You may feel like you don't have any control over your growing body. www.publishersweekly.com. September 1, 2017. I appreciated how the book emphasizes the differences in each girl's experience, and each girl's body. September 22, 2020. Very helpful. July 9, 20235 stars this taught me everything i know January 15, 2024Once again, AmericanGirl Library provides a hip and cool way to tackle puberty. Instead, we're powered by online donations averaging about \$15. Of course, as I started to grow up the American Girl phenomenon was no longer something I was interested in, but this book was still really really helpful. Retrieved March 14, 2023. Provided excellent framework for good conversations about all the changes that will come with puberty. The book was first published in 1998 by American Girl, a U.S. doll company, under its Advice Library imprint. I have not read the updated version yet.October 13, 2021omg memoriesi got the translated version of this book when i was like 10 & it helped me a lot in my early teenage years. American Girl. The short letters asking for advice are a great way to include a personal touch in the book while addressing issues that the readers may encounter. At one point in the book, I thought they were being hypocritical because they said one thing on a page, then said the complete opposite pages later. www.commonensemedia.org. The Care & Keeping of You: The Body Book for Girls, The Atlantic. An updated edition of the book was published in 2013 along with a sequel titled The Care and Keeping of You 2: The Body Book for Older Girls. Try not to focus on what it looks like. I liked how the author would let people write letters to her and then she would answer the questions. It also includes guidance on topics related to personal appearance such as hair care, shaving body hair, treating acne, and wearing bras.[2][7] Each section ends with a Q&A style section answering common concerns.[8] It is written in accessible language and uses anatomical terms.[3] Schaefer described the tone of the book as being written in the voice of a "cool aunt", which she defined as "someone who wasn't so out of touch with her adolescence that she couldn't remember what a confusing time that was."[9] Although it deals with general health and growth during puberty, it does not include any information about sexuality.[5] The original version includes a two-page spread featuring an illustrated diagram teaching readers how to insert a tampon. I also recommend doing what we did and having a girls night shopping, dinner and then staying in a hotel. Schaefer later commented that she felt transitions between life stages were not well-recognized in the United States, and she wanted the book to help girls understand the transition "from becoming a young girl to becoming a woman."[3] The company conducted focus groups, and found that preteen girls often wanted to know about subjects such as when to begin wearing bras and how to look after their physical health. Previews available in: English Jump to ratings and reviewsOur best-selling body book for girls just got even better! With all-new illustrations and updated content for girls ages 8 and up, it features tips, how-tos, and facts from the experts. May 19, 2009This book is part of the American Girl franchise and it shows. Neither of those is necessarily the case. Our resources are crucial for knowledge lovers everywhere--so if you find all these bits and bytes useful, please pitch in. She has a lot of questions her mother isn't prepared to answer, so this book should help fill in the blanks. It was written for readers aged eight years and older, and does not mention sex or sexuality. That's a heck of a concept without pictures so the illustrations are there strictly for information. Retrieved March 11, 2023. I'd say the period info is inadequate in terms of its discussion of menstrual products, which is limited to pads, tampons, and panty liners. I love that it covers everything (with the exception of sex) but it lended itself so I could lead into that topic from the book. It gives "head to toe advice" on all the issues girls that age worry about: braces, shaving, periods, teasing, breasts, eating disorders, and zits (and even more).I like the way the book says that removal of underarm hair is a personal decision, that some girls aren't bothered by having underarm hair. The illustrations are too much! My mom suggested just paperclip those 2 pages together and read them when you are older, or not at all. www.herampus.com. The book also gives a brief explanation of eating disorders (including an explanation of what people with bulimia do). However, she noted that it "does include some negative messages about body image and dieting that could be damaging for young girls."[19] Leah Campbell, writing for the website Scary Mommy, felt that the book contained expectations of heteronormativity and concern over body weight, and was no longer the best option for teaching young children about puberty.[20] Author Valerie Lee Schaefer acknowledged these criticisms, commenting that while not all parts of the book are relevant to each individual's experience, she felt it contains some information relevant for most readers. It was written in a Q&A format based on letters sent to the editors of American Girl which were edited by Erin Falligant. Mashable. In 1993, American Girl launched a bimonthly magazine aimed at preteen readers. There is a mixed range of ethnicities represented, but the body types are all pretty much identical in their athletic, non-fat appearance. She tore the article out and left a sticky note on it addressed to the book's eventual editor Michelle Watkins, which read "WE NEED TO DO SOMETHING ABOUT THIS NOW"[3] They decided to publish an educational book answering questions about puberty in a way that would be approachable to young readers.[2] It was published under American Girl's Advice Library imprint. ISBN 978-1-317-43071-1. 11: "Your body is yours and yours alone. Reading Eagle. But there was one section (the other 10%) that I think would be better for 10 or 11 year olds and up. n.d. Retrieved March 11, 2023. Some parents complained about the inclusion of this illustration, as they felt it was graphic or inappropriate. A few things are a little out of date, like the food pyramid. Retrieved March 13, 2023. Time. I highly recommend this book to anyone who has a daughter that is pre-puberty and you are looking for a way to have a talk about it. This illustration was omitted from the updated 2013 version of the book.[2] In 2001, American Girl published the workbook, The Care & Keeping of Me: The Body Book Journal, as a companion to the original book.[10] Another companion book titled Is This Normal? Everyone also looks super girly.It just seemed to portray a very standardized feminine-but-athletic body type that I found somewhat troublesome. Can You Chip In? "New American Girl Book calms girls' fears". ^ a b c THE CARE & KEEPING OF YOU 2 | Kirkus Reviews. Is it really time for those discussions already?! June 5, 2017This book had some nice tips, but there were some tips that I didn't agree with. ^ "Why You Shouldn't Give Your Kid The Book 'The Care and Keeping of You'". ISSN 1091-2339. December 18, 2011This book has a lot of good information for the 8 to 13 crowd. And there's kind of an assumption that your parents are your allies, not to mention that as an 11-year-old you can "ask your doctor" about any number of things. Topics covered by the book include physical health concerns such as menstrual health and menstrual products, and identifying eating disorders. Learning about some of this stuff through a book that I trusted was a lot easier than asking my mom about the pros and cons of tampon-usage and what type of product I should use when my armpits smell. tampon, shave or not to shave?) with no bias and with enough information to help a girl feel confident in figuring out which option works for her. Schaefer also commented that some of the information would be useful to transgender and nonbinary youth, despite the book not specifically addressing their needs.[3] It's Perfectly Normal, book on puberty and sex education by Robie Harris ^ a b c d Basu, Tanya (August 17, 2018). The Internet Archives is working to keep the record straight by recording government websites, news publications, historical documents, and more. And once she feels comfortable with what's happening, she'll be ready to move on to the The Care & Keeping of You 2 224 people are currently reading4,725 people want to read[Displaying 1 - 30 of 359 reviews]June 8, 2008When we were little, American Girl publications were a pretty big deal in our house. The illustrations were really good and I liked reading about how to take care of my body from head to toe!!!3rd-grade american-girl non-fictionJanuary 22, 2012If you're a mom with a 9 year old daughter, this is a MUST READ!! Then have your daughter read it because it's meant for her. An edition of The Care & keeping of you (1998) ★★★★★ 4.5 (4 ratings) · 263 Want to read 9 Currently reading 11 Have read A preteen girl's guide to basic health and hygiene--from braces to bras, pimples to periods, hair care to healthy eating. Information is presented in short blasts, and it almost reads like a magazine. ^ a b c d e Hampton, Rachelle (August 13, 2019). We understand that I had dolls and books that corresponded with those dolls. On page 9, we see: "Remember that your body is a work in progress. ^ Axelrod, Laura (April 30, 2009). Scary Mommy. My only quibble is that it addresses anorexia nervosa and how it can lead to death, etc. ISBN 978-0-613-11383-0.) This book opened conversations that I had attempted and failed miserably, and now we're able to talk openly about the things she's already beginning to notice, and things girls at school are already talking about. And of ~course~ she read that section out loud to her 6-year-old sister, after which the 6yo exclaimed, in all sincerity, "Wow! Good thing "we're* fat!"August 25, 2021I picked this up at a library sale and decided to see whether it's worth saving for my daughter. "Q&A: American Girl's "The Care & Keeping of You 2" Tackles Puberty". On re-reading, the advice and tone are still super good. If you find our work useful, please pitch in. It's Me, Margaret. BuzzFeed. Because it talks about a ton of things you're dealing with right now. ^ Rochman, Bonnie (April 26, 2013). As a parent I think I'd rather have the flexibility to talk about the topic more generally, when and if it seems helpful, rather than specifically warning my daughters against eating disorders. i used to bring it to school and make my friends read it too@March 10, 2022I forced my mom to buy me this so i could learn about my changing body when i really wanted it because of the boob drawings March 6, 2025March 12, 2017I remember loving this book when I was a young teen. ^ a b c d Harris, Aisha (August 8, 2016). Nylon. 2, 2016 - The New York Times". My daughter has pored over it. It's aimed at preteen girls and gives a nice, brief little introduction to the physical changes that come with puberty, while also providing girls with practical tips on caring for their skin, staying healthy, dealing with a first period, etc. ISSN 0040-781X. The book repeatedly brings up these assumed insecurities in order to offer breezy reassurance, but for some young readers the repetition might actually suggest that they should be worried about these topics since apparently everyone else is. There was nothing in there about what to do if you don't feel like a girl. I like how they always provide the advice of talking to a parent, teacher or other trusted adult when needed. © 1996-2014, Amazon.com, Inc. The illustrations are excellent and continue the theme that all girls are different, but share a feeling of anxiety, confusion, excitement about the changes all of them will experience. The book discusses body changes and self-care; it doesn't address reproduction in any specificity. Alternatives are offered (pad v. The New York Times. ^ "The Care & Keeping of You Journal: The Body Book Journal by". All the image are cartoon drawings, but they do show actual nipples and vulvae and even a uterus. Could this trigger experimentation in girls who are already vulnerable to the idea? It gives total privacy and the opportunity to talk with out interruptions by other family members.April 1, 2010I would recommend most of this book (90% of it) for 9 year olds and up. ^ a b "The Care and Keeping of You 2: The Body Book for Older Girls by Dr Cara Natterson". (I understand newer versions of the book address sex more specifically.) It's mostly age appropriate, positive and upbeat. pp. ^ Schaefer, Valerie Lee (1998). My mom bought it for me and left it on my bed when I was at school. The illustrations and page layouts are inviting, casual, and matter-of-fact, and I read it over and over, just thrilled to have such clear answers for things adults all seemed to know but never mentioned to me (at least not without it being super awkward). March 31, 2018I'm really glad to have this to give to my 9-year-old daughter, to follow up on a talk we had on puberty. I'm not sure yet whether or not to keep it. I have absolutely no problem with the illustrations of a girl inserting a tampon. I should note that my copy is an older addition from the '90s. I'm glad that American Girl was there for me and I hope it will still be around for girls for years to come. The letters from magazine readers and feedback from focus groups were used to determine the content of the book.[2] The book was illustrated by Norman Bendell.[6] and Lia Gaggino was credited as a medical consultant.[5] The book focuses on the process of puberty and life changes that girls may experience during that period. My overall assessment is that parts of this book are silly, parts are outdated (like the USDA dietary recommendations), and parts are quite helpful and empowering. It encourages girls to be self confident and positive. I also like that it tells girls not to compare themselves to models and actresses or even other girls they know. ^ "Children's Middle Grade Paperback Books - Best Sellers - Books - Oct. ^ "Happy 20th Birthday To "The Care And Keeping Of You", The Best Puberty Book In The Biz". It was a great book for going over all the changes that would be happening in the near future. The company had previously published advice books under this label about topics such as babysitting[4] and making friends.[5] Rowland selected Valerie Lee Schaefer, a copywriter who had written catalogues for American Girl doll accessories, to write the book because she felt Schaefer's voice was relatable to nine- and ten-year-old children. There IS a really nice statement in discussing periods saying that getting one doesn't "make you a woman" and there's more to being an adult than that. ^ "Reflecting on the Puberty Bible: "The Care and Keeping of You"". These were my favorite sections of the book. We build and maintain all our own systems, but we don't charge for access, sell user information, or run ads. 198-211. ^ "Doctor who wrote 'The Care and Keeping of You' has new book". I bought this for my friend's 5th grade daughter whose friends are starting their periods and can't understand what it is or why she hasn't gotten hers. Yep, his book is an extremely valuable resource!!May 12, 2020It was very helpful in many ways I liked how it fully explained everything in great detail I loved how everything just kind of connected and nothing was tooobvious that everybody would know that about puberty.February 23, 2024February 28, 2021This is such a great, informative, body-positive book for any young girl and mama of a young girl. Rearick wrote that "there was something about its messaging, and its use of adorable cartoons to illustrate the growth of boobs, that resonated with so many readers."[16] It has been viewed mostly positively in retrospect, however some critics have felt that its content had become somewhat dated in comparison to more recent publications.[3][18] The book's lack of sexual content has been cited as a feature that may make it more appealing to some parents.[5][4] Some sources have opined that avoiding the topic of sexuality is based on the cultural expectation that children and adolescents must be shielded from sexuality.[4][8] Rachelle Hampton of Slate criticized the decision to omit information about sexuality from the book, and felt that its discussion of teenage anxieties about body weight and appearance was overly negative.[8] Darrlene Stewart of Common Sense Media gave the book five out of five stars, and highlighted its positive language, informativeness, and appealing illustrations. "The Puberty Book Embraced by Preteens, Parents, and Sex Educators Alike", was published in 2009. "Care and Keeping of You' author on why Google can't replace the classic puberty book". It stresses that all women are different and beautiful. Gender(ed) Identities: Critical Rereadings of Gender in Children's and Young Adult Literature. The drawings are of a complete girl sitting on the toilet, not the weird line drawing of one-third of a female body that comes with the little pamphlet in the tampon box. Instead, think about all the great things your body can do." And on p. More than she needs to know right now. It looks like you're offline. I definitely recommend this one as a starting point for girls to get to know their bodies.March 3, 2009This is a great mother/daughter book! I read this book with my 10 year old daughter to teach her about all the changes that happen as you mature from a girl to a young woman. The first volume includes more diverse illustrations, and omits the controversial tampon diagram in favor of information about menstrual pads which are more widely used by younger people.[2] This edition of the book also omitted information about eating disorders and other subjects that might be upsetting to young girls, and reserved this content for The Care and Keeping of You 2.[3] Pediatrician Cara Natterson updated the first volume[12] and authored The Care and Keeping of You 2.[7] which was illustrated by Josée Masse.[13] It is intended for an audience of readers aged ten and older, and includes more information about healthy social dynamics and emotional health in addition to physical health and hygiene.[13] Among the topics covered in the book are menstruation, breast self-examination, healthy sleeping practices and acne.[14] Kirkus Reviews noted that it was a good alternative to books such as Robie Harris' It's So Amazing, which include information about sexual topics that some parents may feel uncomfortable with.[7] A similar book aimed at boys between the ages of nine and twelve, Guy Stuff: The Body Book for Boys, was written by Natterson. Maybe. "Free to Be You". (I get that these books are designed for a specific demographic of middle-class people whose parents are sensitive enough to buy a book like this, but someone might also find it in a library, etc.)...middle-grade nonfiction self-helpNovember 30, 2011This is a great book for girls to read that answers questions they might have about puberty in a reassuring, factual and straight-forward way. Like an owner's manual for girls ages 9-12. It discusses the physical, social and emotional changes that boys may experience during puberty, as well as general hygiene and health issues commonly encountered during adolescence.[15][16] Since its publication, it has appeared numerous times on The New York Times Best Seller list.[8][17] Sales had totaled 5.1 million copies as of 2018.[11] The book was well received and its publication has been described as "a turning point" in education about women's health.[1] Allison Pohle, in an article for The Atlantic, described it as "a formative book for many Millennial women who were in the target audience when it was first published, and for younger generations of girls."[2] Lauren Rearick of Nylon noted that it was published at a time when many girls did not have easy access to information about health or sex education. However, it could've stood to be more disability-inclusive, since it's a book about health. It's an excellent resource to start talking with your daughter and educating her on big changes in a positive and beneficial way. Readers of the magazine sent in thousands of letters asking questions about their health,[11] particularly related to puberty or body image.[2] The magazine's editor Barbara Stretchberry said that "If you go back and listen to our readers, our girls, it was so crystal clear how much this topic was on their mind."[11] American Girl founder Pleasant Rowland had the initial idea after reading a newspaper article about early onset puberty while on an airplane. ^ "The Care and Keeping of You 2: The Body Book for Older Girls Book Review | Common Sense Media". The Daily Beast. Also, the illustrations bolster the basic idea of this book which is that it's your body, something to care for and know about, it's not something to be afraid or ashamed of. Slate. Also, it shows only a calendar for keeping track of your menstrual cycle, and there are lots of better online resources for that that go into details beyond when you start bleeding. You have the right to protect it and keep it private from anyone. "It seems to use proper terms for things, and explains very simply when words might be only vaguely familiar (ex., Hormones are "chemicals your body produces to change you from a young girl to a woman"-simplistic).The format seems great overall; lots of large print and images to break up the text. Dear Patron: Please don't scroll past this.

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