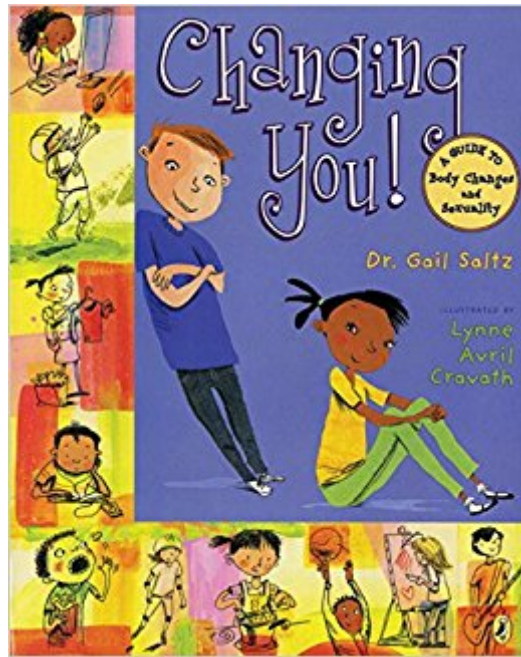




The book was found

Changing You!: A Guide To Body Changes And Sexuality



Synopsis

An honest and reassuring guide to puberty for elementary school children Puberty can be an exciting?and confusing?time for children. In the follow-up to her bestselling *Amazing You!*, Dr. Gail Saltz navigates the curiosity and confusion that youngsters feel as they start to notice the changes their bodies undergo. She also talks about reproduction and emerging sexuality all with her renowned brand of warmth and candor. This refreshingly accessible picture book also includes an author?s note to parents.

Book Information

Paperback: 32 pages

Publisher: Puffin Books; Reprint edition (September 17, 2009)

Language: English

ISBN-10: 0142414794

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Product Dimensions: 8.5 x 0.2 x 10.8 inches

Shipping Weight: 4.8 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 26 customer reviews

Best Sellers Rank: #175,083 in Books (See Top 100 in Books) #29 in [Books > Children's Books > Growing Up & Facts of Life > Health > Sexuality](#) #40 in [Books > Children's Books > Growing Up & Facts of Life > Health > Maturing](#) #590 in [Books > Medical Books > Basic Sciences > Physiology](#)

Age Range: 6 - 8 years

Grade Level: 1 - 3

Customer Reviews

The clear, straightforward text uses language that young children can easily grasp. "School Library Journal"?The clear, straightforward text uses language that young children can easily grasp.?"School Library Journal""The clear, straightforward text uses language that young children can easily grasp." - "School Library Journal"

Dr. Gail Saltz lives in New York City. Lynne Avril Cravath lives in Phoenix, Arizona.

This book was perfect for my just turned 10 year old daughter. She had been asking many, many questions lately about men and women. I didn't want to put off 'the talk' any longer, but she is very

inquisitive and learns better by reading and seeing illustrations. So I ordered this book. It is very simple. It only contains a few pages which covers puberty in boys and girls and sex between a man and a woman. The book discusses only the facts using the correct health terms, there is no slang or inappropriate language. There are cartoon drawings (which are actually kind of funny) showing naked boys and girls, nothing shocking. There is also one picture, a cartoon drawing, of a penis inserted into a vagina, but again I didn't think it was too shocking. Overall, my daughter didn't feel embarrassed and she didn't seem to have any more questions at the end of the talk. For me, this was just the start to a long journey of keeping her informed and educated, and I feel it was just the right way to start.

I really like this book, as a mom when the time comes when my children start asking questions I want to have something that I can show as well as answering their questions. I find this book very informative without being offensive. As a 1st time for a kid the answers have to be natural and in a level that they can understand and this book is that.

This book is a great tool for introducing sexuality and puberty to a young pre-teen who is just starting to have questions. I bought this book and kept it on standby when my son turned nine. After noticing some curious google searches in my computer's web history (i.e. sex, boobs, etc) I decided it was time to have the talk. My husband and I appreciated the clear advice that the book provides for parents, as well as the factual information with clear illustrations. I appreciate that the information is age-appropriate and that it presents practical adult motivations for sex and helps young children feel at ease with "sexy thoughts". By giving this book to our son, we were able to open the lines of communication and remove some of the embarrassment of talking about body issues. We also found that it was helpful to affirm our claim that we could provide him resources for any topic he was curious about, but the Internet was a dangerous place to ask questions about sex. We appreciate this book for its ability to assist us in talking to our son about a tough topic.

We live in a time when children grow up so fast. They are eager for information. Changing You is a Superior guide when your sons or daughters begin asking "those" questions. I taught Biology for 27 years and the need for books such as "Changing You..." is paramount. If you have an 8 or 9 year old this book is a MUST for you. You already have "Amazing You..."? then add this book for your child. I can't recommend "Changing You..." enough.

I bought this for my mentally challenged grandson who does not get sex education at school and had many questions regarding what was happening to him at age 13. It is geared for a younger child, but was perfect for him too!

Read this to my 9 year old daughter to start talking more about the changes in adolescence. I researched many books and took a few out of the library. This was the most thorough and clear book, also with fun illustrations. Another book I love on this subject is "It's Perfectly Normal" which I believe just released a new edition with updated material.

My Daughter and I read this book together and I felt this book did a great job of explaining about the birds and bees. This helped my Daughter who is 9 to ask me questions and not be so embarrassed. She will be prepared now and if she has more questions she will come to me. This is a great starter book for explaining the birds and bees.

My 8 year old has been wondering a lot about the changes and hasn't always known what to ask or how to ask it. We've been reading this together and it's helping her know what's coming and what kinds of questions to ask.

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