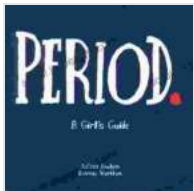


Period Girl Guide: Your Guide to Periods, Puberty, and Growing Up

The Period Girl Guide is your complete guide to periods, puberty, and growing up. It covers everything from what to expect when you get your first period to how to deal with cramps, mood swings, and other symptoms. It also includes tips on how to talk to your parents, friends, and doctors about periods.

This book is written by Vicki Lansky, a leading expert on parenting and adolescence. She has over 30 years of experience working with girls and their families, and she has written several books on parenting and child development.



Period.: A Girl's Guide (Lansky, Vicki) by Carl Logrecco

★★★★☆ 4.6 out of 5

Language : English

File size : 4187 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 100 pages

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The Period Girl Guide is a must-have for any girl who is approaching puberty or who has recently started menstruating. It is a comprehensive and informative guide that will help girls understand their bodies and prepare for the changes that come with growing up.

What's inside the Period Girl Guide?

- What is a period and what to expect when you get your first one
- How to track your period and predict when it will come
- What to do when you have cramps, mood swings, or other symptoms
- How to talk to your parents, friends, and doctors about periods
- Tips for managing your period and staying healthy

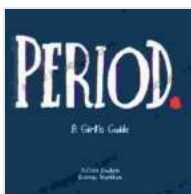
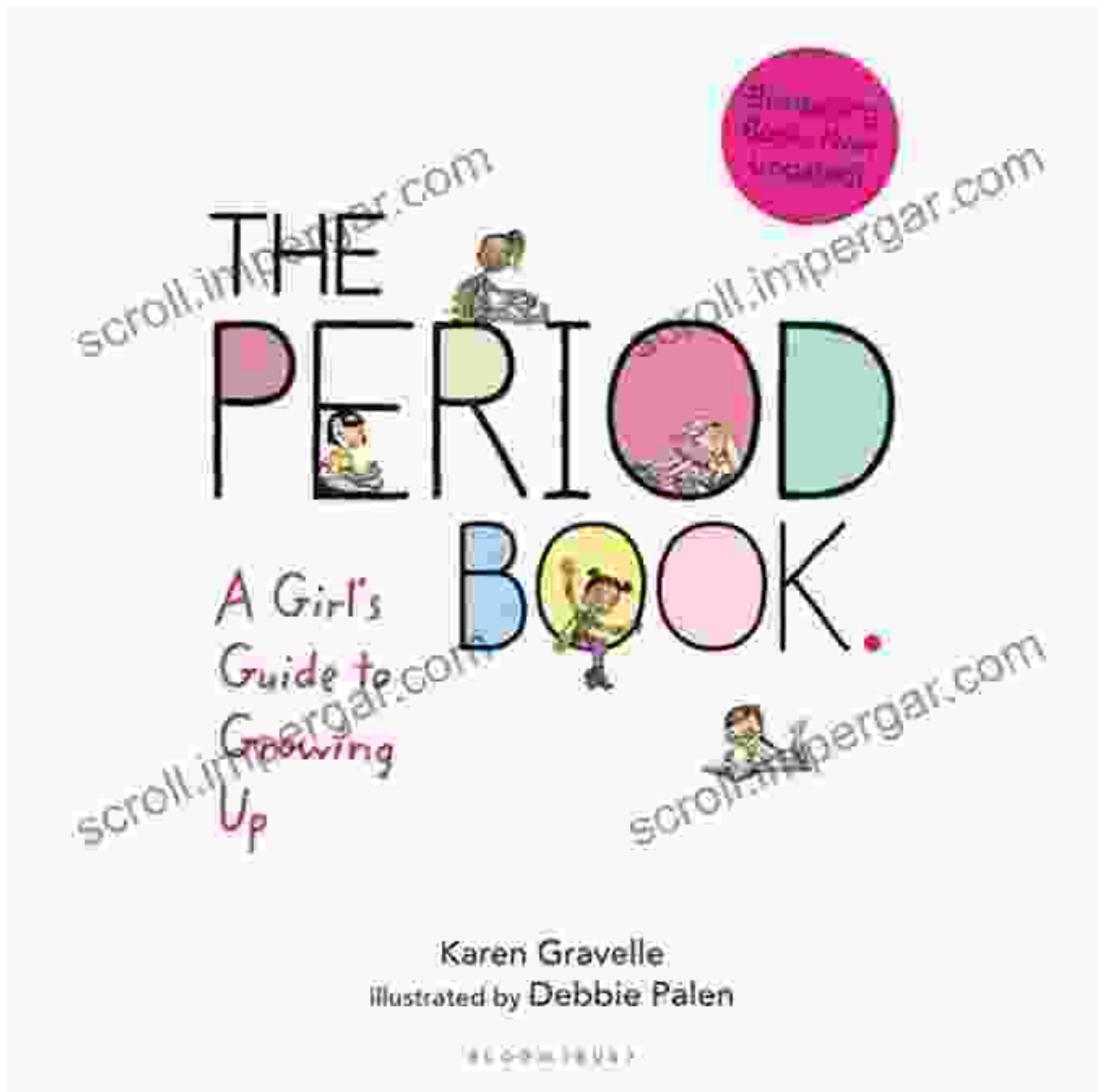
Why choose the Period Girl Guide?

- It is written by a leading expert on parenting and adolescence
- It is comprehensive and informative, covering everything girls need to know about periods
- It is written in a friendly and accessible style
- It includes tips and advice from other girls who have been through puberty

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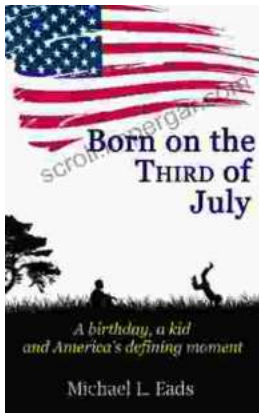
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