



A Resource Guide for Pre-teens & their Families

This resource list is intended only as a guide and reference resource taken from a variety of books and websites on puberty and sexuality. Please visit your local library or bookstore for a full array of titles and philosophies to decide on those that best meet your family's needs. Information presented here does not necessarily reflect the philosophy or practice of the Lucile Packard Children's Hospital at Stanford.

For Girls

My Body, My Self for Girls

Madaras, L. and Madaras, A., 2007, Newmarket Press

My Feelings, My Self

Madaras, L., et al, 2002, Newmarket Press

Period

Loulan, J., et al, 2001, Volcano Press

Puberty Girl

Movsessian, Shushann, 2005, Allen & Unwin Pty., Limited

The Care and Keeping of You: The Body Book for Girls

Schaefer, V., 1998, American Girl Library

The Feelings Book: The Care and Keeping of Your Emotions

Madison, L., 2002, American Girl Library

The Period Book: Everything You Don't Want to Ask (But Need to Know)

Gravelle, K. and Gravelle, J., 2006, Walker Publishing

What's Happening to My Body? Book for Girls

Madaras, L., 2007, Newmarket Press



For Boys

Boy's Guide to Becoming a Teen

American Medical Association, Middleman, A., ed., 2006, Jossey-Bass

My Body, My Self for Boys

Madaras, L. and Madaras, A., 2007, Newmarket Press

Puberty Boy

Price, Geoff, 2006, Allen & Unwin Pty., Limited

What's Going on Down There?: Answers to Questions Boys Find Hard to Ask

Gravelle, K, 1998, Walker Publishing

What's Happening to My Body? Book for Boys

Madaras, L., 2007, Newmarket Press

For All Pre-Teens

It's Perfectly Normal

Harris, R.H., 2004, Candlewick Press

It's So Amazing! A Book about Eggs, Sperm, Birth, Babies and Families

Harris, R.H., 2004, Candlewick Press

Sex, Puberty and All That Stuff: A Guide to Growing Up

Bailey, J. and McCafferty, J., 2004, Barron's Educational Series

What's Happening to Me?

Mayle, P., 2000, Lyle Stewart

For Parents

101 Ways to Help Your Daughter Love Her Body

Richardson, B. and Rehr, E., 2001, Harper

Everything You Never Wanted Your Kids to Know About Sex (But Were Afraid They'd Ask)

Richardson, J. and Schuster, M., 2004, Three Rivers Press

Girls Will Be Girls: Raising Confident and Courageous Daughters

Deak, J. and Barker, T., 2003, Hyperion



How Can You Say That: What to Say to Your Daughter When One of You Just Said Something Awful

Lynch, A., Ashford, L., 2003, American Girl Library

Keep Talking: A Mother-Daughter Guide to the Pre-Teen Years

Madison, L., 1999, Andrews McMeel Publishing

Real Boys: Rescuing Our Sons from the Myths of Boyhood

Pollack, W., 1999, Owl Books

Ten Talks Parents Must Have with Their Children About Sex and Character

Schwartz, P. and Cappello, D., 2000, Hyperion

The Wonder of Boys: What Parents, Mentors and Educators Can Do to Shape Our Boys into Exceptional Men

Gurian, M., 2006, Tarcher/Putnam

The Wonder of Girls: Understanding the Hidden Nature of Our Daughters

Gurian, M., 2003, Atria

Why Do They Act That Way? A Survival Guide to the Adolescent Brain for You and Your Teen

Walsh, D., 2005, Free Press

Useful Websites

- www.4girls.gov
- www.kidshealth.org

Helpful Websites

www.4girls.gov

www.kidshealth.com

www.healthlibrary.lpch.org

For More Information

Contact your health care provider or visit www.lpch.org.