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### The Care and Keeping of You 1: The Body Book for Younger ...

Addressing growing girls directly, this frank companion to The Care and Keeping of You (first published in 1998) aims at a slightly older audience as it covers puberty, hygiene, menstruation, emotional development, family, and social dynamics.

### The Care and Keeping of You 2: The Body Book for Older ...

The Care and Keeping of You 1 If you've been starting to wonder what's happening to your body, you're not alone! Millions of girls ages eight to ten have felt just as you do now and have turned to this book for straightforward advice.

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Booktopia has The Care and Keeping of You, The Body Book for Younger Girls by Valorie Schaefer. Buy a discounted Paperback of The Care and Keeping of You online from Australia's leading online bookstore.

### The Care and Keeping of You, The Body Book for Younger ...

Written by Dr. Cara Natterson for girls 10 and up, The Care and Keeping of You 2 follows up the original bestseller targeted towards younger girls, The Care and Keeping of You 1: The Body Book for Younger Girls, with even more in-depth details about the physical and emotional changes you're going through.

### The Care and Keeping of You 2: The Body Book for Older ...

This kit includes twin books, one for girls and one for moms, filled with dozens of how-to-say-it scripts to get the conversations going. These scripts give girls the words to talk about all the big topics from body basics, hygiene, and healthy habits to friends, first crushes, clothing, and more.

### The Care & Keeping of Us | Truly Me | American Girl

The Care and Keeping of You 2: The Body Book for Older Girls -- written by pediatrician Cara Natterson -- equips girls with the biological information they need to better understand why they're changing and how to adapt.

### The Care and Keeping of You 2: The Body Book for Older ...

The care and keeping of you 1- an American Girl book This book tells younger girls about the changes that will soon be happening and how they need to care fo...

### The care and keeping of you 1- an American Girl book

Its companion book The Feelings Book: The Care and Keeping of Your Emotions, helps girls understand their changing emotional life. For a diverse assortment of guides on all aspects of growing up, including ones addressing issues related to both physical and social development, visit our Guides for Girls section.

### The Care and Keeping of You 1 | A Mighty Girl

The Care and Keeping of You Lapbook

### The Care and Keeping of You Lapbook

THE CARE AND KEEPING OF YOU: THE BODY BOOK FOR YOUNGER GIRLS is geared toward girls who are nearing -- or just beginning -- puberty. It covers all the basics of self-care, such as keeping hair clean and tangle-free, using sunscreen, cleaning teeth with braces, coping with acne, pampering blisters, and treating a sprain.

### The Care and Keeping of You: The Body Book for Younger ...

Take care of your physical health. Your physical health can affect your emotional health. Exercise regularly, eat healthy meals, and get enough sleep. Don't abuse drugs or alcohol. Connect with others. We are social creatures. We need positive connections with other people. Make a lunch date, join a group, and say hi to strangers.

### Mental Health: Keeping Your Emotional Health ...

The Care and Keeping of You 1. If you've been starting to wonder what's happening to your body, you're not alone! Millions of girls ages eight to ten have felt just as you do now and have turned to this book for straightforward advice.

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