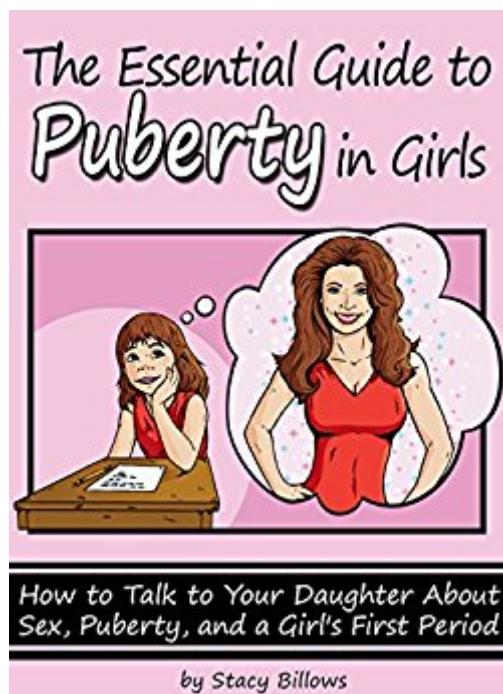


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# The Essential Guide To Puberty In Girls: How To Talk To Your Daughter About Sex, Puberty, And A Girl's First Period



## Synopsis

If you want to prepare your daughter for the physical and emotional effects of puberty, then this book is for you! Read on your PC, Mac, smart phone, tablet, or Kindle device. As your daughter starts to face the changes and challenges that come with puberty - the most trying point of her young life so far - she will need you to be there and guide her. In order to do so, you must equip yourself to talk with her about puberty, her first period, her body's changes, and physical interactions with the opposite sex. This is one of the most important duties you'll have as a parent. You'll need to be prepared with what to say, when to say it, and how to say it, so that your daughter will know what to expect, she will understand the changes that are happening, and she will be more capable of handling it all. If a young girl is educated about the physical and emotional effects brought on by adolescence, then her chances of turning into a well-adjusted young lady with minimal drama are much improved. This book is a guide for every parent out there who's blessed with a daughter. Now that your little princess isn't so little anymore, it's time to help guide her through this pivotal moment as she journeys into the next phase of her life. If you do it right, she will trust you as a confidant, and this time in her life will be much easier, since she'll realize that puberty is just an awkward stage that will pass and that she will soon become a beautiful, confident woman. Here is a preview of what you'll learn... A Parent's Role and Responsibility Tips to Keep "The Talk" Easy and Effective Tips to Keep "The Talk" Easy and Effective Discussing Her First Period Explaining The Birds and the Bees (Sex) Being Prepared for Possible Questions Much, much more! Download your copy today!

## Book Information

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Teenagers

## **Customer Reviews**

First off, as a man, this book has answered every question I might have had and even more (remember, us men, we are very simple creatures). The book listed common excuses and ways to avoid them. Remember, there should be no excuses about this topic, however awkward you might find it. The book also taught me to be mindful of my kid - every girl is different and first periods can occur as soon as 9 and as late as 17 years of age. Very surprising. We men have it way easier... The next point of interest for me was the chapter, which gave me tips about ÃƒÂ¢Ã  ¬Ã  the talkÃƒÂ¢Ã  ¬Ã  " and listed some of the common questions you might receive from your daughter. Overall, I enjoyed the book. It is written well, full of information about the subject and it even has Carrie references!

Puberty is an important part of any childÃƒÂ¢Ã  ¬Ã  's life, but it can be especially difficult for young girls. I downloaded this particular book in hopes of helping my niece to better understand this very unique part of growing up, and only that, to help the family have an open and honest discussion about the birds and the bees and everything in between. And I must say this book did an excellent job. It gave very useful tips on how to conduct an open and honest discussion about puberty and the birds and bees and all of the other facts of life and alleviate the tension and embarrassment. Everything about this book is laid out in a very accessible and easy to navigate manner and it uses straightforward language that can be successfully comprehended by teens and parents alike. Again, I must say, this book served as an excellent guide for what could have been a very difficult and embarrassing conversation. It answered all of the most important questions in a very helpful and productive way and I am very pleased with the purchase and I would recommend this book to any parent or teen that is about to enter this unique phase of life.

I have seen many parents, who generally don't talk about these topics with their children. If we try to

provide our children a friendly environment then it will be possible to keep them safe from all sections of the society. Adolescence is a challenging, yet a wonderful stage in your Girls life. If you feel that it's time to talk to your girl about puberty and sex, then book is a good guide for you.

Very educational

Thank the heavens for this book. I'm a dad to a 15 year-old daughter, and as much as I like my wife to handle things with her, I like to stay on track too. This book came to the rescue quite comfortably, letting me talk to my daughter with more knowledge and authority about the issues of puberty.

Very good book for parents, as it considers such difficult question as Puberty in Girls. This is a very sensitive question, which every parent try to avoid but all of them face with it and need to know how to behave and when it is better to talk with your child. I liked this book, helpful information for parents. recommend to read.

Don't waste money on this pamphlet. It should be free based on length.

I have 3 preteen daughters (yes, I have already been told I am in trouble...lol), and this book is a wonderful read for them. I couldn't find many out there like this wonderful book so I am so glad to have found it.

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