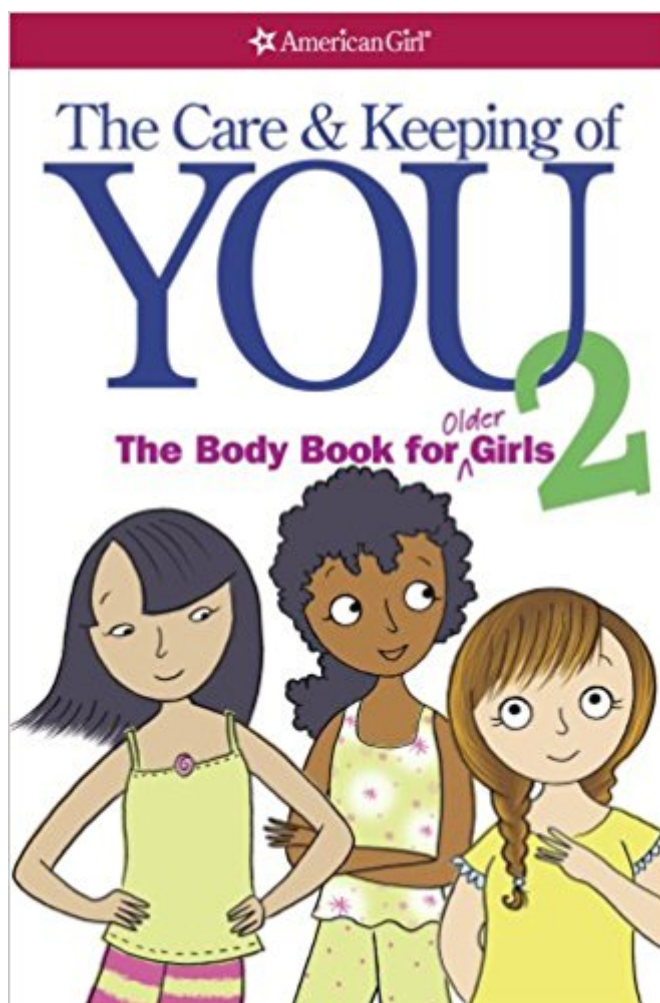


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# The Care And Keeping Of You 2: The Body Book For Older Girls



## Synopsis

This thoughtful advice book will guide you through the next steps of growing up. With illustrations and expert contributors, this book covers new questions about periods, your growing body, peer pressure, personal care, and more! Written by Dr. Cara Natterson for girls 10 and up, *The Care & Keeping of You 2* follows up the original bestseller with even more in-depth details about the physical and emotional changes you're going through.

## Book Information

Lexile Measure: 1000 (What's this?)

Paperback: 96 pages

Publisher: Amer Girl; 2 edition (February 26, 2013)

Language: English

ISBN-10: 1609580427

ISBN-13: 978-1609580421

Product Dimensions: 6 x 0.2 x 9 inches

Shipping Weight: 7 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 948 customer reviews

Best Sellers Rank: #163 in Books (See Top 100 in Books) #1 in Books > Children's Books > Growing Up & Facts of Life > Health > Maturing #3 in Books > Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Girls & Women

Age Range: 10 - 12 years

Grade Level: 5 - 9

## Customer Reviews

Dr. Cara Natterson, a graduate of Harvard University and the John Hopkins School of Medicine, is a respected pediatrician. She is an online expert at [momlogic.com](http://momlogic.com), [parentsask.com](http://parentsask.com), [gurumommy.com](http://gurumommy.com). Dr. Natterson lives in Los Angeles, California with her husband and two children.

This book was purchased to train young girls in institutional care on their periods and body. We used it in a cross-cultural environment. Although, written in English, the pictures are plentiful and universal. There are many multi-cultural girls in the book. Absolutely loved it and bought one for every girl in the class. I highly recommend this for girls ages 11 and up, but please refer to the author's recommendations. Beautifully done and thoughtfully laid out, chapter after chapter. A winner.

Highly recommend these books for girls

Great book once you've had "the talk" to support any additional questions she may have. Creates a comfortable dialogue starter for both parties involved.

Grateful for the guidance

Daughter loved this.

Educational

Good book for girls.

perfect for my daughter to read as her body is changing.

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The Care and Keeping of You 2: The Body Book for Older Girls CAT CARE: BEGINNERS GUIDE TO KITTEN CARE AND TRAINING TIPS (Cat care, cat care books, cat care manual, cat care products, cat care kit, cat care supplies) I'm a Girl, Hormones! (For Ages 10 and Older): Anatomy For Kids Book Explains To Older Girls How Hormones Are Changing Their Body (I'm a Girl) Beekeeping: Amazing Guide for Beginners(Beekeeping Basics,Beekeeping Guide,The essential beekeeping guide,Backyard Beekeeper,Building Beehives,Keeping ... bee keeping,bee keeping) (Volume 1) The Care and Keeping of You: The Body Book for Younger Girls, Revised Edition BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) House Plants: A Guide to Keeping Plants in Your Home (House Plants Care, House Plants for Dummies, House Plants for Beginners, Keeping Plants in Your Home, DIY House Plants Book 1) The Care and Keeping of You Journal (Revised): for Younger Girls (American Girl) Essential Oil Beauty Secrets: Make Beauty Products at Home for Skin Care, Hair Care, Lip Care, Nail Care and Body Massage for Glowing, Radiant Skin and Shiny Hairs Is This Normal (Revised): MORE Girls' Questions, Answered by the Editors of The Care & Keeping of You Orchids Care Bundle 3 in 1, THE NEW EDITION: Orchids + Orchids Care For Hobbyists + Phalaenopsis Orchids Care (Orchids Care, House Plants Care, Gardening Techniques Book 4) Nursing for Wellness in Older Adults

(Miller, Nursing for Wellness in Older Adults) Body Scrubs: 30 Organic Homemade Body And Face Scrubs, The Best All-Natural Recipes For Soft, Radiant And Youthful Skin (Organic Body Care Recipes, Homemade Beauty Products, Bath Teas Book 1) Homemade Organic Skin & Body Care: Easy DIY Recipes and Natural Beauty Tips for Glowing Skin (Body Butters, Essential Oils, Natural Makeup, Masks, Lotions, Body Scrubs & More - 100% Cruelty Free) The Care & Keeping of Us: A Sharing Collection for Girls & Their Moms Beekeeping: An Introduction to Building and Maintaining Honey Bee Colonies (2nd Edition) (beehive, bee keeping, keeping bees, raw honey, honey bee, apiculture, beekeeper) Curing Medicare: A Doctor's View on How Our Health Care System Is Failing Older Americans and How We Can Fix It (The Culture and Politics of Health Care Work) Coloring Books for Girls: Inspirational Coloring Book for Girls: A Gorgeous Coloring Book for Girls 2017 (Cute, Relaxing, Inspiring, Quotes, Color, ... Books Ages 2-4, 4-8, 9-12, Teen & Adults) Restorative Care Nursing for Older Adults: A Guide For All Care Settings, Second Edition (Springer Series on Geriatric Nursing) We Saved You a Seat - Teen Girls' Bible Study: Finding and Keeping Lasting Friendships

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