

Usborne Facts Of Life Growing Up All About Adolescence Body Changes And Sex

A frank, up-to-the-minute guide to boys' growing up issues. The Boy Files offers friendly advice, practical tips and support to help boys navigate the physical and mental rollercoaster of puberty and guide them gently through the potential pitfalls. From willy worries, shaving and body hair to girls, spots, bullying and staying safe in a cyber world, The Boy Files' chatty, big-brotherly style is a feel-good reference source for 'tweens and young teens. Chapters: Even superheroes go through puberty The puberty alphabet All about hormones Zits, bits and stinky pits Girls aren't aliens Growth spurts, gorilla hair and a voice like VADER! Sleeping late and controlling the hate The wandering willy Staying safe Live long and prosper Partner title to The Girl Files by Jacqui Bailey, The Boy Files is written by agony uncle Alex Hooper-Hodson, who is also the author of 52 Teen Boy Problems & How To Solve Them and 52 Teen Girl Problems & How To Solve Them, all published by Wayland.

A fact-packed, illustrated introduction to the human body and how it works. Full of extraordinary photographs plus activities and experiments to try, it explores everything from allergies to brain waves, from x-rays to zits.

Presents the sounds made by a noisy family, including hiccups, yawns, snores, and burps. On board pages.

Written for adolescents, this book provides frank, up-to-date and reassuring information on all aspects of growing up, puberty, sex and sexual health.

The mental health of children and teenagers hits the headlines on a regular basis, with more and more young people reporting mental health difficulties. This book provides a gentle guide to good mental health, with input from experts in both psychology and psychiatry. Learning to protect your own mental health is an important skill for all young people, and this book offers practical tips and information about relationships, body image, social media and many other issues that children and young teenagers face. A helpful book to empower children to take care of themselves, emotionally, and navigate the tricky problems of puberty. A book children can share with friends, ideal for adults and children alike.

The companion to our bestselling book, The Care & Keeping of You, received its own all-new makeover! This updated interactive journal allows girls to record their moods, track their periods, and keep in touch with their overall health and well-being. Tips, quizzes, and checklists help girls understand and express what's happening to their bodies - and their feelings about it.

Now revised and updated, this widely acclaimed book explains important aspects of the human body in an approachable and straightforward way for anyone aged 10 or over.

Guy Talk is the must-have advice book for boys navigating all things puberty and growing up great! This easy to read, diverse guide is illustrated for better understanding and includes bodies of all shapes, abilities, and sizes. With Guy Talk, get the answers to the questions you don't know who to ask or are too embarrassed to. From body changes, personal hygiene, healthy eating, and tips for sensitive topics, this book covers all the bases. Learn to not only prioritize your physical health, but your emotional health, too! A healthy mind and a healthy heart makes for a happy life. Maintain healthy relationships with family, friends, and peers.

Growing up isn't just about your changing body. Learn how to handle peer pressure, social media safety, consent, and self-confidence so that you can be your best you as you journey through this new time in your life.

A fun and informative guide about the difficulties of making too much waste and what needs to be done about it. Answers questions such as: Why not bury rubbish? What do the recycling symbols mean? and Where does recycling go? Written in a clear, factual style with bright, stylish illustrations and internet links to recommended websites to find out more. This is a highly illustrated ebook that can only be read on the Kindle Fire or other tablet.

This stylish, highly illustrated, interactive book is perfect for sharing with little children, and introduces nature and science using a friendly lift-the-flap format. Text is kept to a minimum. A brilliant introduction to one of the fundamental themes of biology, perfect for curious young minds. Part of a brand new series, parallel in reading age to the Look Inside books. It is becoming increasingly important for children to learn about science from a very young age, and this series introduces one of the cornerstones of biology in a friendly, simple and accessible manner.

Explains how a baby is conceived, how it grows inside the mother's womb, how it is born, and what it does after it is born.

An informative picture book that introduces young children to some of the most exciting periods of human history through a series of engaging scenes, from a busy Stone Age camp to a bustling Roman forum and the legendary city of Timbuktu. With lots to look at and talk about on every page. Full of rich vocabulary Part of a series which also includes 'My Very First Book About Dinosaurs' (9781409564164) and 'My Very First Book About Space' (9781409582007).

Readers may take baby's ribbon-attached figure from the cover and place it into a cutout in each changing scene as baby makes his way up to his crib at the end of the day. On board pages.

Discusses changes that adolescents undergo during puberty, chiefly the physical changes.

The Big Picture Book How Food Grows is full of beautiful illustrations of plants, grains and trees in different habitats, that will encourage children to explore outdoors and find out more about where their food comes from.

Describes the types of animals commonly found on a farm and answers such questions as "Why do farmers shear their sheep?" and "How do pigs keep cool?"

Contains hundreds of amazing facts about the oceans, such as how the oceans formed, what the sea floor looks like, what causes tides and what life is like on a coral reef.

Growing UpEdc Pub

Examines the physical changes that affect the body during puberty and related issues such as skin care, sexual maturity, and personal hygiene.

What's the point of belly buttons? When will I stop growing? These are just some of the 60+ questions that are featured in this extremely useful book. Children won't be able to resist lifting the flaps to find out the answers. Illustrations: Full colour throughout

A beautiful and gentle look at the circle of life, using Christine Pym's gorgeous animals characters to explore the emotions and facts around death, with questions such as Is it ok to talk about dying? What happens when someone dies? Can I shout and cry and hide away? and How can I stop feeling sad? The latest in the wonderful First Questions and Answers series, this title covers an extremely tricky topic in a friendly and approachable way. Uses animal characters in the same way as First Q&A: What are feelings? Fills a very important gap in the market, helping parents and carers to find the words to explain death and dying to young children.

Revised text and a number of picture revisions, contains two titles, Growing up and Babies. Illus. 96p. 7 yrs+

Library Friendly Edition of original- A sensitive, detailed and informative guide to male puberty, this book will prove invaluable for both young boys and their parents alike, tackling key subjects from the physical changes that occur at this time to the emotional upheaval this can cause.

It's okay to enjoy roaring loudly. We all deserve some time to play. But all lions should practice those soft growls, For the quieter times of the day. Welcome to the jungle! It's full of misbehaving animals, from messy monkeys to grumpy grizzly bears but with the help of our quirky, memorable rhymes and adorable animal illustrations, your child will enjoy learning why it pays for pandas to say 'please', and how good manners make the world go round.

Introduces human sexuality, describes the changes brought about by puberty, and discusses sexual abuse, sexually transmitted diseases, AIDS, and pregnancy.

This book is an ideal introduction to every aspect of the human body for children who are beginning to read along with adults, or more confident readers who will have fun discovering this vast and fascinating subject themselves.

'Wise and kind' - Sali Hughes 'Every young teen needs this book' - Nadia Sawalha 'Brilliant, accessible, sensitive and funny' - Emily Maitlis 'Funny, kind and wise' - Daisy Buchanan Going through puberty? Thinking about puberty? Worried about growing up? This book is for you! Puberty isn't just about what's going on in your body, but also your brain, your emotions and the world around you. Knowledge is power! All the information you need is here, plus advice, wisdom and lots of questions from girls like you: - Body-basics (like breasts, spots and periods) - Life's big mysteries. Is how you look important? Is a crush ever wrong? Is it bad to be jealous of your friends? - Clear, empowering info on emotions, sex, sexuality and gender - Staying safe and having fun online - Plenty of space for your own notes and doodles

A straight-talking book explaining puberty and the emotional, psychological and physical changes girls go through.

Covers everything girls want to find out about, including moods and feelings, periods, what happens to boys, diet, eating disorders, exercise, body image, sex and relationships, contraception, self-confidence, drink and drugs, exam stress, and cyberbullying.

Being able to make and maintain friendships is an important life skill and one that paves the way for meaningful relationships throughout life. This fun, friendly and reassuring introduction is designed to help young children recognize what a good friend is and learn to develop the emotional and social skills that allow them to make and keep friends.

Helps build children's self-esteem as they develop emotional intelligence and empathy by recognizing and responding appropriately to their own and other people's feelings. Helps children with the personal, social and emotional development goals of the UK Early Years curriculum. Notes for parents on the importance of friendships for young children and tips on how they can help children make and maintain friendships and deal with any falling-outs.

This text prepares boys for what to expect from puberty and offers advice on what they can do to cope with the physical, psychological, and emotional changes and stay happy and confident as they go through their early teens.

Provides stories about such animals as a lion, elephant, penguin, and bear, as they each get ready for bed. On board pages.

Looks at the details of everyday life in the past.

Describes health, body, and emotional issues for boys reaching adolescence, including nutrition, hair growth, and why boys think and act different from girls.

Violet never wanted to move to Perfect. Who wants to live in a town where everyone has to wear glasses to stop them going blind? And who wants to be neat and tidy and perfectly behaved all the time? But Violet quickly discovers there's something weird going on in the town – she keeps hearing voices, her mam is acting strange and her dad has disappeared. When she meets Boy she realizes that her dad is not the only person to have vanished... and that the mysterious Watchers are guarding a perfectly creepy secret!

An engaging introduction for very young children to the basic facts of life in a way that is gentle, age-appropriate and accessible. Child psychologist Dr. Jillian Roberts created the Just Enough series to help parents and caregivers approach difficult subjects with little ones. These primers offer a gentle and accessible starting point for conversations about important topics. Research shows that children are learning about sex at an increasingly young age and often from undesirable sources. The Q&A format, with questions posed in the child's voice and answers starting simply and becoming gradually more in-depth, allows the adult to guide the conversation to a natural and satisfying conclusion. Additional questions at the back of the book allow for further discussion. Where Do Babies Come From? is the first book in the Just Enough series. Other topics in the series include death, cultural diversity and separation or divorce.

A new addition to the bright and colourful Baby's Day series.

Provides information about the human body, with sections on eating, breathing, blood, skin, senses, the brain, muscles, and the cells that make up the body.

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