

## The Care Keeping Of You The Body Book For Younger Girls By Valorie Lee Schaefer

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An updated edition of a best-selling reference for younger adolescents shares practical, expert advice on topics ranging from hair care and healthy eating to menstruation and acne. Original.

**This thoughtful advice book will guide girls through the next steps of growing up written by dr cara natterson for girls 10 and up the care amp keeping of you 2 follows up the original bestseller with even more in depth details about the physical and emotional changes girls are going through with illustrations and expert contributors this book covers new questions about periods her growing**

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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 amp keeping of you 2 follows up the original bestseller. I loved the way this book talked about taking care of your entire body head to toe and the changes that were about to happen without delving into sex ed so i was very interested in how they handled the care and keeping of you 2 the

body book for older girls by older they mean 10 years and up i would say 4th grade and up.

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