

Growth and Development Resource Suggestions

Listed are some additional resources that you and your child might find helpful. Many of them address not just the physical and emotional changes, but also good hygiene, exercise, nutrition, friendship, and responsible decision making.

BOYS -

- My Body, My Self (Revised addition of: *What's Happening to My Body?* Book for Boys: A Growing-up Guide for Parents and Sons), Lynda Madaras and Area Madaras, William Morrow Paperbacks, 2007
- The Teenage Body Book, Kathy McCoy and Charles Wibbelsman, paperback, 2008
- The Boys Body Book: Everything You Need to Know for Growing Up YOU, Kelli Dunham and Steven Bjorkman, Cider Mill Press, 2007
- The Body Book for Boys, Jonathan Mar and Grace Norwich, Scholastic Inc., 2010
- American Medical Association Boy's Guide to Becoming a Teen, American Medical Association, Kate Gruenwald Pfeifer, Amy B. Middleman, Jossey-Bass, 2006
- KIDSHEALTH.COM – www.kidshealth.org

Girls -

- My Body, My Self for Girls, Lynda Madaras and Area Madaras, William Newmarket Press, 2007
- My Little Red Book, Rachel Kauder Natebuff, 2009
- The Care and Keeping of You 2, Cara Natterson and Josee Masse, American Girl, **2013**
- The Teenage Body Book, Kathy McCoy, PhD and Charles Wibbelsman, MD, 2008
- KIDSHEALTH.COM – www.kidshealth.org

<https://sexedrescue.com/10-puberty-books/>