

*Better Health for Life from  
Lehigh Valley Hospital and Health Network*



## She's Coming of Age

Mom, here's a reading list of helpful books and web sites for you and your preteen daughter:

### ■ Books for Your Daughter

#### **Care and Keeping of You: The Body Book for Girls**

*By Valorie Lee Shaefer*

Rebound by Sagebrush (American Girl Library), 1999

#### **Caring and Keeping of Me: The Body Book Journal**

*By Norm Bendall*

American Girl, 2001

#### **The Feelings Book: The Care & Keeping of Your Emotions**

*By Lynda Madison*

American Girl, 2002

#### **The Quiz Book: Clues to You & Your Friends, Too!**

*By Laura Allen and Debbie Tilley*

American Girl, 1999

#### **Real Beauty: 101 Ways to Feel Great About You**

*By Therese Kauchak*

American Girl, 2004

#### **The Big Book of Help!**

*By Nancy Holyoke*

American Girl, 2004

#### **Bringing Up Parents: The Teenagers Handbook**

*By Alex Packer, Ph.D.*

Free Spirit Publishing, 1992

#### **Don't Sweat It!: Everybody's Answers to Questions You Don't Want to Ask**

*By Marguerite Crump*

Free Spirit Publishing, June 2002

#### **The What's Happening to My Body Book for Girls: A Growing Up Guide for Girls**

*By Lynda Madaras*

Newmarket Press, 2000

### LEHIGH VALLEY

HOSPITAL AND  
HEALTH NETWORK

LEHIGH VALLEY HOSPITAL  
Cedar Crest & I-78, Allentown  
17th & Chew Streets, Allentown

LEHIGH VALLEY HOSPITAL—  
MUHLENBERG  
Route 22 & Schoenersville Road  
Bethlehem

[www.lvh.org](http://www.lvh.org)  
610-402-CARE

For more information  
or for a physician referral,  
call 610-402-CARE

*Better Health for Life from  
Lehigh Valley Hospital and Health Network*



## She's Coming of Age

### **It's a Girl Thing: How to Stay Healthy, Safe and in Charge**

*By Mavis Jukes*

Rebound by Sagebrush, 1997

### **It's Perfectly Normal: A Book About Changing Bodies, Growing Up, Sex, and Sexual Health**

*By Robie Harris and Michael Emberley*

Candlewick Press, 1992

### **Changes in You and Me: A Book About Puberty Mostly for Girls**

*Paulette Bourgeois and Martin Wolfish, M.D.,*

Intercontinental Books, 1994

## ■ Books for Mom

### **The Teenage Body Book: Helping Your Child Through Early Adolescence**

*By Kathy McCoy, Ph.D., and Charles Wimbelsman, M.D.*

Perigee Books, 1999

### **American Academy School of Pediatrics Caring For Your Teenager**

*By Phillip Bashe and Donal Greydanus*

Bantam, 2003

### **How to Say It to Teens**

*By Richard Heyman, Ed.D*

Prentice Hall Art, 2001

### **Just for Girls: Just for Mom**

*By Elizabeth M. Hoekstra*

Crossway Books, 1999

## LEHIGH VALLEY

HOSPITAL AND  
HEALTH NETWORK

LEHIGH VALLEY HOSPITAL  
Cedar Crest & I-78, Allentown  
17th & Chew Streets, Allentown

LEHIGH VALLEY HOSPITAL—  
MUHLENBERG  
Route 22 & Schoenersville Road  
Bethlehem

[www.lvh.org](http://www.lvh.org)  
610-402-CARE

For more information  
or for a physician referral,  
call 610-402-CARE

Better Health for Life from  
Lehigh Valley Hospital and Health Network



## She's Coming of Age

### ■ Books About Menstruation

#### **Period: A Girl's Guide to Menstruation**

By JoAnn Loulan  
Book Peddlers, 2001

#### **The Period Book: Everything You Don't Want to Ask (But Need to Know)**

By Karen Gravelle  
Walker & Company, 1996

#### **Family Connections**

Family Health Council, 2000  
(These free guides are for parents of children up to age 18.  
Call 412-288-0518. Website: [www.fhcinc.org](http://www.fhcinc.org))

#### **Before She Gets Her Period: Talking With Your Daughter About Menstruation**

By Jessica B. Gillooly, Ph.D.  
Perspective Publishing, 1999

#### **Me, My Body and Mom: Sharing a Rite of Passage**

Planned Parenthood, 1996

#### **Sweet Secrets: Stories of Menstruation**

By Kathleen O'Grady and Paula Wansbrough  
ORCA Book Publishers, 1997

### ■ Books About Sexual Health

#### **Beyond The Big Talk: Every Parent's Guide to Raising Sexually Healthy Teens**

By Debra Haffner  
Newmarket Press, 2002

#### **"But How'd I Get in There in the First Place?" Talking to Your Young Child About Sex**

By Deborah Roffman  
Perseus Publishing, 2002

**LEHIGH VALLEY**  
HOSPITAL AND  
HEALTH NETWORK

LEHIGH VALLEY HOSPITAL  
Cedar Crest & I-78, Allentown  
17th & Chew Streets, Allentown

LEHIGH VALLEY HOSPITAL—  
MUHLENBERG  
Route 22 & Schoenersville Road  
Bethlehem

[www.lvh.org](http://www.lvh.org)  
610-402-CARE

For more information  
or for a physician referral,  
call 610-402-CARE

*Better Health for Life from  
Lehigh Valley Hospital and Health Network*



## She's Coming of Age

### **From Diapers to Dating: A Parent's Guide to Raising Sexually Healthy Children**

*By Debra W. Haffner, M.P.H.*  
Newmarket Press, 2000

### **Sex & Sensibility: The Thinking Parent's Guide to Talking Sense About Sex**

*By Deborah Roffman*  
Perseus Books Group, 2001

### **Talking About Sex: A Guide for Families**

Planned Parenthood, 1996  
(This kit includes a video and book for parents and for young girls and boys, ages 10 to 14)

### **What Kids Want to Know About Sex and Growing Up**

ETR Associates, 1992  
1-800-669-0156  
www.etr.org

## ■ Novels

### **Are You There, God? It's Me, Margaret**

*By Judy Blume*  
Laurel Leaf, 1991

### **Kira, Kira**

*By Cynthia Kadabota*  
Atheneum, 2004

### **Period Pieces: Stories for Girls**

*By Erzsébet Deák*  
Harper Collins, 2003

### **Lovingly Alice**

*By Phyllis Reynolds Naylor*  
Atheneum, 2004

### **A Long Way From Chicago**

*By Richard Peck*  
October, 2000

### **The Sisterhood of the Traveling Pants**

*By Ann Brashares*  
Delacorte Books, 2003

**LEHIGH VALLEY**  
HOSPITAL AND  
HEALTH NETWORK

LEHIGH VALLEY HOSPITAL  
Cedar Crest & I-78, Allentown  
17th & Chew Streets, Allentown

LEHIGH VALLEY HOSPITAL—  
MUHLENBERG  
Route 22 & Schoenersville Road  
Bethlehem

**www.lvh.org**  
**610-402-CARE**

For more information  
or for a physician referral,  
call 610-402-CARE

*Better Health for Life from  
Lehigh Valley Hospital and Health Network*



## She's Coming of Age

### ■ Web Sites

#### **Sex Information and Education Council of the United States (SIECUS)**

[www.familiesaretalking.org](http://www.familiesaretalking.org)

#### **Planned Parenthood**

[www.plannedparenthood.com](http://www.plannedparenthood.com)

#### **American Academy of Child and Adolescent Psychiatry**

[www.aacap.org](http://www.aacap.org)

#### **American Academy of Pediatrics**

[www.aap.org](http://www.aap.org)

#### **Double Sunrise: Young Women's Health**

[www.youngwomenshealth.org](http://www.youngwomenshealth.org)

#### **KidsHealth**

[www.kidshealth.org](http://www.kidshealth.org)

#### **Perspective Publishing**

[www.familyhelp.com](http://www.familyhelp.com)

#### **Family Health Council**

[www.fhcinc.org](http://www.fhcinc.org)

#### **4Girls Health (U.S. Department of Health and Human Services)**

[www.4girls.gov](http://www.4girls.gov)

#### **The Weller Health Education Center (for children and parents)**

[www.wellercenter.org](http://www.wellercenter.org)

### LEHIGH VALLEY

HOSPITAL AND  
HEALTH NETWORK

LEHIGH VALLEY HOSPITAL  
Cedar Crest & I-78, Allentown  
17th & Chew Streets, Allentown

LEHIGH VALLEY HOSPITAL—  
MUHLENBERG  
Route 22 & Schoenersville Road  
Bethlehem

[www.lvh.org](http://www.lvh.org)  
610-402-CARE

For more information  
or for a physician referral,  
call 610-402-CARE