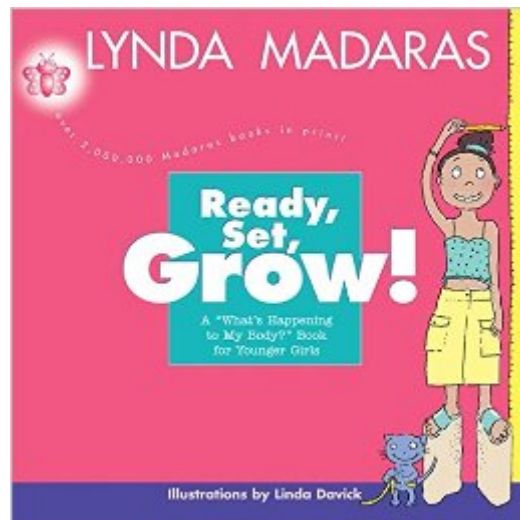


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# Ready, Set, Grow!: A What's Happening To My Body? Book For Younger Girls



## Synopsis

Ready, Set, Grow! In her uniquely warm and funny style, Lynda wrote this entirely new book especially for younger girls to give them what they need to know to celebrate and accept the new and exciting changes that are happening to their bodies during puberty. Illustrated with delightful drawings, Ready, Set, Grow! is the sixth book in the popular Madaras "What's Happening to My Body?" series of growing-up books for girls and boys. Praised by parents, teachers, nurses, doctors, and especially kids, the bestselling "What's Happening to My Body?" books for older girls and boys are on the "Best Books for Young Adults" list from the American Library Association, and have been translated into 12 languages. Over 2,000,000 copies of the "What's Happening to My Body?" series are in print.

## Book Information

Series: What's Happening to My Body?

Paperback: 128 pages

Publisher: William Morrow Paperbacks; 1 edition (July 14, 2003)

Language: English

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Product Dimensions: 7 x 0.3 x 7 inches

Shipping Weight: 2.4 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (86 customer reviews)

Best Sellers Rank: #30,733 in Books (See Top 100 in Books) #14 in [Books > Health, Fitness & Dieting > Sexual Health > Women's Sexual Health](#) #15 in [Books > Children's Books > Growing Up & Facts of Life > Health > Maturing](#) #50 in [Books > Parenting & Relationships > Parenting > Parenting Girls](#)

Age Range: 8 - 11 years

Grade Level: 4 - 6

## Customer Reviews

I checked out this book from our public library and read it first on my own. The format of the book is several short chapters filled with great information followed by questions submitted by girls, which then the author goes on to answer. The book is written in words that are easy for kids to understand and the illustrations are clever and funny. In the other reviews, I read about concerns with the

subject of masturbation. That is found ONLY in a question in the Q & A section of Chapter 7. I personally did not feel comfortable with the topic at our age group so when I BOUGHT our own copy, I just tore page 79-80 out and by doing so I didn't disturb neither the end of Chapter 7 nor the beginning of Chapter 8. Overall, this is a great book to get the conversation started with my daughter (almost 10) that has just started taking the leap from little girl to young lady. I have three daughters and I will use this book with all three. Hope this helps...

I bought this book for my 9 year old daughter. We read a little bit together, and then I skimmed the book, and she read a bunch on her own. The book is well written for girls in the 9-11 age range - I wouldn't go much below the age of 9, however, without being very selective of what the child reads (there is a brief discussion, for example, about masturbation and orgasm, which I think is a bit \*too\* much for a book of this level). All in all, I think it explained the changes of puberty in very plain language that a young girl can understand, and it's set up in a way that encourages discussion - although again, sometimes it suggests discussing things with friends, which I find to be a poor recommendation considering the age and topic. I do think my daughter came away with a solid understanding of what puberty is and what physical changes are going to take place.

I just bought this book for my 8 year old daughter. I was still getting over the shock of my baby starting puberty so early, when I read the reviews of this book. We picked it up last night and read the whole thing. With each chapter, she became more and more interested and even kind of excited. It let her know she was normal, and showed her what will be happening in the future so she won't be so confused. The little cartoons in it were so funny. They helped keep it light. We talked very openly about everything. I am so glad that we got this book. I think it is going to make this whole thing much easier...especially on me! My baby is growing up! BUY THIS BOOK!

I bought this book for my 9-year-old daughter, who is very shy about talking about anything "private." She quickly read the entire book on her own. Several months later, we read a chapter together. Then she wanted me to read another chapter with her, and another. She giggled at the silly illustrations, and asked questions. It was a wonderful way to start conversations about the experience of puberty. I had thoroughly reviewed this and other books before buying this one for her. The light tone and silly illustrations are just right. The information is sound and covers pretty much what she is ready for--lots of information about her body and the changes it will go through, not a lot of discussion of sexual intimacy or boys' bodies at this point.

I bought this book for my 8 year old daughter. After previewing several from the public library I found this one to be the best for beginners. I wanted her to have all the info she needed to start into puberty but yet not too much. This book does a great job of explaining everything that will happen as a girl matures. It has great Q & A sections and cute cartoons too. I would strongly recommend this book to any parent looking for the first book to introduce their daughter to becoming a woman. You will not be disappointed!!

I bought this book for my nine year old daughter. This book is informative and not too technical or too mature for her level. We are reading this book together in steps and talking about it. It's a great choice for a young girl who may be a little embarrassed about the changes she is starting to experience or not starting to experience yet. It's great for self esteem, because it lets girls know they are all normal just different. It's a good book!

This book has several things that disturbed me. Firstly, when talking about buying a first bra, it mentions going to mom last because of the embarrassment. I don't know about anyone else, but I would not want my daughter going out buying a bra with a "friend" or "trusted adult"!!! It also discusses "moistness in the vulva due to sexy thoughts", both of which I thought was inappropriate information for a young girl. The biggest shocker was the discussion on masturbation on page 80 in which girls are encouraged to masturbate if they want to and the meaning of an orgasm is explained. This book is supposed to be for "younger girls" aged 8-11, and I don't think the subject matter is appropriate for my 8 year old daughter who is beginning puberty. I recommend American Girl's The Body Book and Mavis Jukes's Growing Up: It's a Girl Thing. American Girl's Feelings Book is also good. All in all, I'm disappointed in this book. The things that I thought were inappropriate were more at a teenage level than that of a "young girl" which is what the book is supposed to be for. I will probably try to return the book, because the more I read it myself, the more I find questionable material in it! Moms, make sure you read books such as this before handing them to your daughters so that they are not learning things that you disagree with or that are inappropriate for their age.

I bought this book for my 9 year old daughter, who has recently been developing in areas that were never thought of before. She had been asking questions and I was afraid to give too little or too much information. We read this book together and let me tell you what a great experience. I

recommend this book to all parents/guardians of girls between 8 - 11 that are possibly thinking they aren't quite "Normal", because of these changes that are naturally happening to their bodies.

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