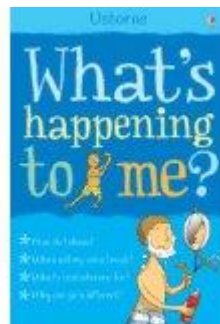


Suggested Puberty Books (Suitable from Year 5 upwards)

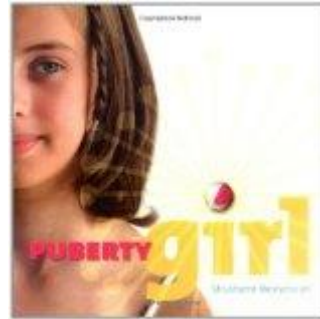
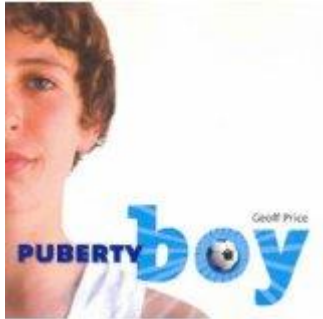
All these books are available to buy at local bookshops or from online bookshops



- I bought this book for my nine year old daughter to read as she gets easily embarrassed talking about her body and growing up. She read the book cover to cover and she has even started having discussions with myself and my husband about things she has read about how her body is about to change. This is an excellent book and we would recommend it to any parent whose child is approaching or going through puberty.
- This book helped explain what was going to happen to our daughter now she is growing up. It helped to reinforce what we were saying and took all the mystery out of changes to her body and periods.



- We bought this book to supplement the PSHE lessons our son was having at school. He's 10 and in Year 6. I think this book is very well written and age appropriate. It doesn't read like a biology text book but covers all the important topics in enough detail to be informative without being patronising. The pictures/diagrams are clear.
I would recommend this book as a great way to supplement your son's (school or home taught) sex education because it enables them to look up things they're unsure about but are too embarrassed to ask.



-both these books were both just what my children needed. The information and illustrations are clear and they cover every aspect of puberty that they wanted to know about. They don't try to be funny nor do they talk down to the children. The tone is engaging while remaining informative and educational. My 10 year old daughter dips in and out and my 12 year old son read it from cover to cover in just a few days. These are definitely the best puberty books on the market!