

Answers about Menstruation: True Answers with Advice for Teenage Girls, reaches out and embraces girls who are becoming women. By providing accurate information about menstruation and by providing advice that glows with a spirit of pride in becoming a woman, the book empowers girls to manage the changes in their bodies in a positive way. They are welcomed into the sisterhood of women. They are encouraged to appreciate that menstruation is what enables women to become pregnant and bring new life into the world. Not only do girls realize that they are not alone in the questions and confusion they may feel about their periods, they also become aware that menstruation is a natural process, a very important transition from being a girl to becoming a woman. The information Betty provides is practical. Through easy to understand description, beautiful images of young African girls, and a Question and Answer format, girls learn how to care for their bodies during their periods. As a mother, and a professional communications specialist who has extensive experience in the field of reproductive health, Betty appreciates the concerns and questions young girls have as their bodies begin to change. Working with youth after school through the NGO she founded in 2010 (Teen Empowerment Uganda), Betty has first hand understanding of the challenges, the misconceptions and the fears girls face. She is sensitive to their concerns and helps them recognize the value of eating well, exercise, and continuing in school during their periods. She helps girls feel proud of becoming a woman and appreciating their value to their families and their communities

Puberty can be a challenging time for a young girl. It's natural not to know who to ask or what to do at the moment. "Puberty book for girls" is a reassuring entry for girls to approach puberty with excitement and empowerment. You'll find answers to questions about your changing body, from hair care to breast enlargement, mood swings to emotional feelings, periods to development of reproductive organs, and every other thing in between. This book will help you discover how your changing body is beautiful, special, and unique on the way to becoming the number one girl you always desired. It is also packaged with powerful ways to taking caring of the menstrual cycle, choosing sexuality, with some parental tips. Find out what it takes to connect with others and become the strong, smart, and confident young girl you were meant to be. "Puberty book for girls" is the only book you need to get started! Scroll up and click BUY NOW to get started today.

'How To Support Your Daughter Through Puberty' is the ONLY puberty book specifically for mothers of 8-13 year olds! It provides all of the facts around puberty and periods that mums need to know to support their growing girls PLUS 'How To' advice on answering questions and picking the right time to speak to your daughter. Inside you'll find sections on how to raise your own confidence and you'll learn important 'get out' techniques for when you need to check a fact or consider your answer. This book is designed to strengthen the bond between mothers and daughters, creating a safe space for your girls ask their questions in whilst also raising self-esteem and body image, which statistics show take a huge dive at this time. Melonie Syrett is an Educator and Specialised Menstrual Health Expert. She offers real life experience and questions and combines these with facts and advice to ensure that mums feel supported and that the next generation of girls grow up shame free and body loving! Melonie's work has been rolled out across schools in the UK as City to Sea's Rethink Period's Campaign which has been fully funded by Waitrose, she has been involved in the creation of the Period Friendly Bristol Education guidance and recently trained Girl Guide leaders and Youth Workers in how to confidently support young people with periods. She also trains women to work with girls and their mothers outside of education and holds puberty and period sessions.

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