



Hillsboro Pediatric Suggested Puberty/Body Development Book List

Body Development for Young Children

- "It's Not the Stork!" Robie H. Harris. Ages 4 and up. For boys and girls. (English and Spanish).
- "Who Has What?" Robie H. Harris 2011. (English and Spanish).

Puberty/Body Development Books for Girls (for ages 8 years and older)

- "The Care & Keeping of YOU 1". Published by American Girl 2012. (English)
- "Girllology's There's Something New About You." Melisa Holmes, MD and Trish Hutchison MD. 2010. (English and Spanish).
- "The Girl's Body Book: Everything You Need to Know for Growing Up YOU" - Kelli Dunham, RN. English

Puberty/Body Development Books for Girls (10-12 Years and up)

- "The Girls Guide to Growing Up." Terri Couwenhove MS 2012. English
- "The Care & Keeping of YOU 2." Published by American Girl 2012.

Puberty/Body Development Books for Boys (10-12 Years and up)

- "The Boy's Body Book" - Kelli Dunham RN (English)
- "The What's Happening to my Body? Book for Boys." Lynda Madaras. (English and Spanish)

Puberty/Body Development/ Sexual Health Books for Adolescents

- "It's Perfectly Normal: Changing Bodies, Growing Up, Sex and Sexual Health." Robie H. Harris. English and Spanish).