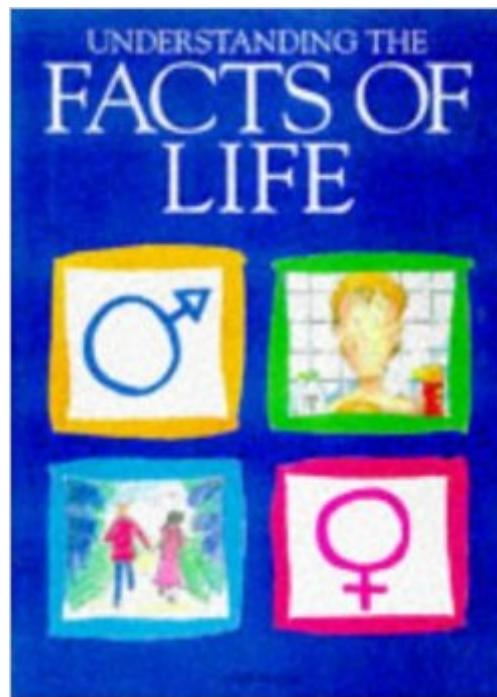


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# Usborne Facts Of Life (Facts Of Life Series)



## **Synopsis**

A highly acclaimed, straightforward and reassuring guide describing exactly what happens at puberty, with informative sections on sex, contraception and sexually transmitted diseases, and advice on hygiene, exercise and healthy eating. This book contains the following Usborne Facts of Life titles: Babies and Growing up.

## **Book Information**

Series: Facts of Life Series

Paperback: 96 pages

Publisher: E.D.C. Publishing; Rev Upd edition (December 1997)

Language: English

ISBN-10: 0746031432

ISBN-13: 978-0746031438

Product Dimensions: 9.4 x 6.6 x 0.2 inches

Shipping Weight: 10.6 ounces

Average Customer Review: 5.0 out of 5 starsÂ  See all reviewsÂ (3 customer reviews)

Best Sellers Rank: #1,158,515 in Books (See Top 100 in Books) #47 inÂ Books > Teens >

Personal Health > Maturing #103 inÂ Books > Teens > Education & Reference > Science &

Technology > Physics #153 inÂ Books > Parenting & Relationships > Family Health

## **Customer Reviews**

This book helps children understand the facts of life as well as how their bodies change as they go through puberty. The pictures are drawn very realistically. There is a good mixture of text and pictures which help hold a child's attention. Unlike other books on this subject, this one is less embarrassing and encourages parent-child discussions. Both my children have used this book until the book has become nearly worn out. I give it as a gift to other parents whose children are entering puberty.

I bought the book for my 12 & 13yr. old grandsons and their Mom. When I told the boys what I had done, they laughed and said "Oh, Grandma, we know all that stuff". I am sure they do but it made my daughter feel better about having the book. I read it and thought it was a good book. You might want to buy it for younger kids but it's great!

Being a mom of boys, I wanted to familiarize myself with what to expect before they reached this

milestone. I felt it would be more helpful to understand and prepare myself for what is to come, and also be able to reassure my boys that what they experience is normal and nothing to worry about. The book is written in a way that is easy for the boys to understand and provides information about diet, exercise, hygiene, sexuality and risks associated. There is also a separate section on pregnancy and babies, that provides wonderful information that is presented in a way that encourages discussion. The book has a perfect combination of appropriate drawings that help to illustrate the information provided. I am glad that I took the time to review the book, and have provided this to my sons for their bathroom reading. They have learned about what is happening as they go through their changes.

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