

Maturation

FOR PARENTS:

Books to help you discuss with your child body changes and general maturation. These books were suggested by Proctor & Gamble through the maturation unit we share with the 5th grades.

VIDEOS

<http://www.pgschoolprograms.com/puberty/>

Under “Kits for Educators”, you can watch the videos that the students will watch. We do not use the co-ed version.

Puberty booklet for GIRLS:

http://www.pgschoolprograms.com/images/puberty/puberty_programs_pdfs/Always_SpecialEd.pdf

Books for Parents

- * **The What’s Happening to My Body? Book for Boys: A Growing-up guide for Parents and Sons** Linda Madaras and Area Madaras
- * **The Period Book** Karen and Jennifer Graevelle
- * **Growing and Changing: a handbook for preteens**, by Cathy McCoy and Charles Wibbelsman.
- * **It’s Perfectly Normal**, by Robbie Harris
- * **The New Teenage Body Book** by Kathy McCoy and Charles Wibbelsman
- * **My Body, My Self** by Lynda Madaras and Area Madaras
- * **Growing Up - It’s a Girl Thing** by Mavis Jukes

Websites

- * **www.beinggirl.com** informational website for teen girls to use with parents.
- * **www.nih.gov** - National institute for health
- * **www.ama-assn.org** - American Medical Association

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