BC CHILDREN'S HOSPITAL
An agency of the Provincial Health Services Authority

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EARLY PUBERTY RESOURCE LIST

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A booklet entitled *Early Puberty* (2003) is available from your nurse. Also, the following books will assist children and their families learn more about healthy sexuality. They are available in bookstores, from the public library or from the BCCH Family Resource Library.

FOR KIDS

Schoen M, Quay MJ. *Bellybuttons Are Navels*, 1990.

Brown LM, Brown M. *What's the Big Secret?: Talking about Sex with Girls and Boys*, 2000.

Hickling M. *Boys, Girls & Body Science: A First Book about Facts of Life*, 2002.

Mayle P. *What's Happening To Me?* 2000.

Madaras L. *Ready, Set, Grow! A What's Happening to My Body Book for Younger Girls*, 2003.

Harris R, Emberley M. *It's Not the Stork: A Book about Girls, Boys, Babies, Bodies, Families and Friends*, 2006.

Hindman, J. *A Very Touching Book*, 2000 (teaching concepts about good and bad touching).

Bourgeois P, Martyn K. *Changes in You and Me: A Book about Puberty, Mostly for Girls*, 2005.
Bourgeois P, Martyn K. *Changes in You and Me: A Book about Puberty, Mostly for Boys*, 2005.

FOR PARENTS

Haffner DW. *From Diapers to Dating: A Parent's Guide to Raising Sexually Healthy Children—From Infancy to Middle School*, 2004.

Hickling M. *The New Speaking Of Sex: What Your Children Need To Know And When They Need To Know It*, 2005.

Kaplowitz P. *Early Puberty in Girls*, 2004 (medical focus).