

Confidences: Talks With A Young Girl Concerning Herself



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Your daughter is growing up so fast. Dont let her encounter adolescence all alone, with only the second-hand whispers of her girlfriends for advice! You want to make sure that your daughter is

well-equipped to begin her journey from girl to young lady. Don't let her just hear about it from her friends and from TV. Ensure that she gets the FACTS, not myths, or scary ideas. Beginning as early as ages 8 or 9, a young girl's body will start to change. These changes can be frightening and traumatic to a girl who doesn't fully understand what is going on within herself. Don't let her go through it alone! Present the ideas to her in a way that she may feel comfortable, all the while learning more about herself and her changing body. You can, by sharing with her... CONFIDENCES Talks with a Young Girl Concerning Herself Open the Lines of Communication and Discussion with Your Daughter Today...Before it's Too Late! Why wait weeks or even hours to start crucial discussions with your daughter? Confidences: Talks with a Young Girl Concerning Herself is available to you right now via instant internet download. No need to go to the bookstore or the library. No waiting for the postal service to deliver a book to your door. Instead, you can download this ebook (short for electronic book) Confidences: Talks with a Young Girl Concerning Herself and start opening the lines of communication immediately! Menstruation Does NOT have to be an Uncomfortable Topic of Discussion between a Mother and her Daughter! No one can come in contact with children and young people without feeling the need of a united effort on the part of the parents, physicians and teachers to educate our children on the best care of themselves and their bodies. Ignorance as to facts and to the best manner of presenting them prevents many a parent from daring to trespass upon such sacred ground, and the instruction is postponed from day to day until it is too late. With the desire to aid mothers in giving the necessary instruction to their daughters, this little ebook has been written. The author has tried to tell in suitable language the facts that should be known by every girl from eight to fourteen years of age. The ebook is of such a character that it may be placed in the hands of the young girl, but better still it may be read aloud by the mother to her daughter. It is hoped this ebook will form the basis of a closer intimacy between mother and daughter. Written by an M.D., Confidences: Talks with a Young Girl Concerning Herself does not frighten one with medical terms or strange scientific lingo. Instead, it is written lovingly from the viewpoint of a mother writing a letter to her daughter, and it approaches the subject of menstruation very indirectly yet poignantly. It uses age-appropriate terms and analogies to make the learning fun and meaningful for a young girl. It is the intention of the author to present the material in such a way that it encourages discussion between real mothers and daughters. Let's Take a Peek Inside.... Confidences: Talks with a Young Girl Concerning Herself not only discusses what happens within the body as a young girl enters adolescence, it also discusses how a young girl

should care for herself as well...from skin and hair care to exercise and study. All aims are directed at cultivating a young girl who is educated, healthy, and poised to become a well-rounded, fit woman. The chapters you will find inside include... * Chapter 1: The Secret * Chapter 2: The Flower Babies * Chapter 3: The Bird Babies * Chapter 4: Mothers Baby * Chapter 5: The Babys Nest * Chapter 6: Building the Nest * Chapter 7: The Sign Language * Chapter 8: Rest and Sleep * Chapter 9: Your Questions We encourage you to print this out and read it with your daughter, or email it to her so that she may read it on her own. With so many kids reading blogs and such today, give them an interesting, healthy discussion to read...one from a loving mother to her daughter. The best part is that you dont even need to be online to read this ebook! So, if you feel uncomfortable allowing your young girl onto the internet, this can be a perfect way to allow her to use the computer without logging on. Shell get the information she needs, and you will have your piece of mind that she is reading something good for her.

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