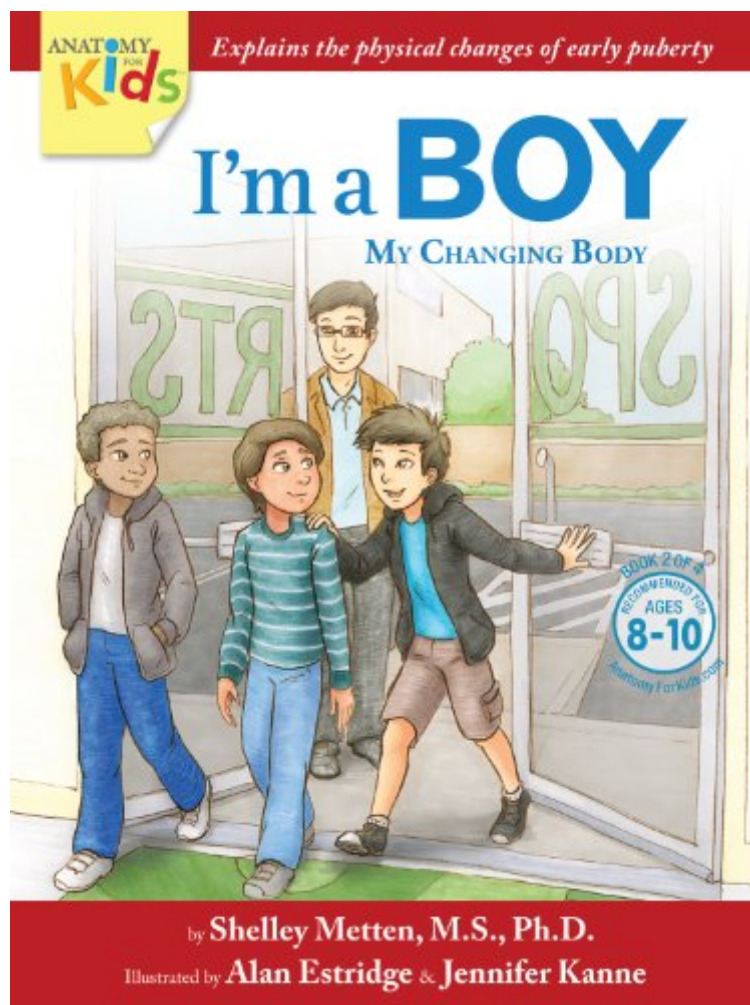


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# I'm A Boy, My Changing Body (Ages 8 To 10): Anatomy For Kids Book Prepares Younger Boys For Early Changes As They Enter Puberty (I'm A Boy 2)





## Synopsis

Your 8-10 year old son is about to enter early puberty and you want him to be prepared for changes happening in his body. This Anatomy for Kids book answers his questions in a thoughtful, simple way using great illustrations and a relatable storyline. Sample questions: What is puberty? Why are my genitals changing? Where do sperm come from? Why is hair growing in new places? The text and illustrations are age appropriate with no sexual content. Older boys, 11+ years, might prefer the second puberty book in the series, *I'm A Boy, Hormones!* also available on .

## Book Information

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Health > Maturing

## Customer Reviews

Excellent educational tool for both parents and teachers! It is beautifully written by an expert who not only has the knowledge base and the expertise in this area, but also the ability to share this knowledge in developmentally appropriate ways. It is powerful for children and young adults to have access to knowledge on how their body works. This in turn will allow them to make educated choices in the future in regards to health and life in general. As an educator and a mother myself, I hope to use these books both with my own son as well as my students.

I purchased all books! Illustrations are fabulous, story format is engaging & books are wonderfully written to help children (and adults) consider how thoughtfully & beautifully we are made! Lily Sanabria-Hernandez, Educational Program Director

I adore these books by Dr. M. I have Books 1-3 for girls, book 1 for boys, and now this one. They are really great for kids because they are broken down by age group as opposed to being generalized "my body" books. Most other books are "one size fits all" so to speak and I don't think an 8 year old needs to learn what a 15 is learning. Everything at its time and pace. I love how straight forward they are. There is no complex, confusing descriptions. They are short and to the point. They don't reveal more than is needed. I highly, highly recommend these books.

Bought this book for my godson who is 8 to help him and his mother answer the many questions that arise daily about his body. This book is so simple, yet informative and lays a great foundation for further discussion between parent and child. Dr. Metten is clearly an expert in this field of study and I have attended parent workshops where she has covered this topic. Sometimes as parents, we don't know what to say to our children or what is appropriate at a particular development stage. Dr. Metten takes out all the guess work and provides a simple understanding from a medical perspective about anatomy. She tackles the tough topics head on and provides a valuable resource and guide for parents and kids of all ages. I wish there were books available like this when my own son was young. I highly recommend this purchase!

Dr. Shelley Metten provides a much needed and important educational tool for parents and teachers of boys, ages 8-10. The book is user friendly and rich with accurate information about the growing and developing body. It's designed to tell a story, using a non-intimidating approach of friendly and helpful Dr. M answering boys' questions about their bodies. Parents and teachers should read these books with their age-appropriate children so that they can have an open dialogue about the body. The storyline images are beautifully and sensitively drawn in order to clarify the information in the text. This follows nicely from the previous book aimed at younger girls, *My Body: Special Me*. This is a unique set of books because they were authored by a professor of anatomy, and reviewed by both research scientists in the relevant scientific disciplines AND focus groups of children. I highly recommend this terrific learning resource.

8 yr old is still a little uncomfortable to read this

I have a 10 year old son who really enjoyed working through this book with my husband. We read this with him before his 5th grade health class touched on many of these issues. He came home from school and bragged that he was able to use the terminology that he learned in this book in his health class. We have three boys and we have raised them to use correct anatomical terms when referring to any part of the body. This series encourages this thinking. Kids are discussing these topics at school and with friends whether we realize it or not. I am so glad that Anatomy for Kids is educating children on their bodies so that they can face these changes with accurate facts and confidence.

An excellent educational book explaining boy anatomy. Read from my own perspective as both parent and teacher, I found the contents to be engaging and presented in a clear and interesting manner. The book was written in a natural conversational format, with a doctor comfortably and calmly imparting information to several curious boys. I wish I had this book when my children were young. It's a little frightening to think about how little they knew! This book would encourage dialogue on a sensitive and sometimes avoided topic, and open the doors to future communication. I think it would be an invaluable resource for any family with young children.

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