

Birds, Bees & Butterflies

Books make it a lot easier to start a conversation about maturing bodies, and to help kids learn how to make healthy decisions as they mature. These books and many others are available on loan from your local library.

You can check availability at www.mynevadacounty.com/library (click "Catalog"). Any book can be transferred to the branch closest to you.

Libraries:

Grass Valley Library: 207 Mill St, Grass Valley 273.4117

Madelyn Helling County Library: 980 Helling Way, Nevada City (next to Rood Center off Hwy 49) 265.7050

Penn Valley Library Station: 11336 Pleasant Valley Rd., Penn Valley 432.5764

Bear River High School Library Station: 11130 Magnolia Rd., Grass Valley 271.4147

Truckee Library: 10031 Levon Ave., Truckee 582.7846

But How'd I Get There in the First Place: Talking to Your Young Child about Sex by Deborah Roffman

Beyond the Big Talk: Every Parent's Guide to Raising Sexually Healthy teens – from middle school to high school and beyond by Debra Haffner

Changing Bodies, Changing Lives: a book for teens on sex and relationships by Ruth Bell and others

Everything You Never Wanted Your Kids to Know about Sex (But Were Afraid They'd Ask): The Secrets to Surviving Your Child's Sexual Development from Birth to the Teens by Justin Richardson, M.D. and Mark Schuster

From Diapers to Dating: A Parent's Guide to Raising Sexually Healthy Children by Debra Haffner

The Guy Book: An Owner's Manual for teens - safety, maintenance, and operating instructions for teens by Mavis Jukes

How to Talk With Teens About Love, Relationships, & S-E-X: A Guide for Parents by Amy G. Miron, Charles D. Miron, Ph.D.

It's Perfectly Normal: Changing Bodies, Growing Up, Sex, and Sexual Health by Robie H. Harris, Michael Emberley (Illustrator)

It's So Amazing!: A Book About Eggs, Sperm, Birth, Babies, and Families by Robie H. Harris, Michael Emberley (Illustrator)

My Body, My Self for Boys: The "What's Happening to My Body" Workbook by Lynda Madaras and Area Madaras

My Body, My Self for Girls: The "What's Happening to My Body" Workbook by Lynda Madaras and Area Madaras

Period: A Girl's Guide to Menstruation With a Parents Guide by JoAnn Loulan, Bonnie Worthen, Chris Wold Dyrud (Illustrator)

The Period Book: Everything You Don't Want to Ask (But Need to Know) by Karen Gravelle, Jennifer Gravelle, Debbie Palen (Illus.)

Raising a Daughter: Parents and the Awakening of a Healthy Woman by Jeanne Elium and Don Elium.

Raising a Son: Parents and the Awakening of a Healthy Man by Jeanne Elium and Don Elium.

Raising a Teenager: Parents and the Nurturing of a Responsible Teen and Jeanne Elium and Don Elium.

Ready, Set, Grow!: A What's Happening To My Body? Book for Younger Girls by Lynda Madaris, illustrated by Linda Davick. A version of the similarly titled book below, for younger girls.

Sex and Sensibility: A Parent's Guide to Talking Sense About Sex by Deborah Roffman

Ten Talks Parents Must Have with their Children about Sex and Character by Pepper Schwartz and Dominic Cappello

What's Going on Down There: Answers to Questions Boys Find Hard to Ask by Karen Gravelle, Nick Castro (Contributor), Chava Castro, Robert Leighton (Illustrator)

What's Happening to My Body? Book for Girls: A Growing-up Guide for Parents and Daughters by Lynda Madaras with Area Madaras (see separate workbook by same authors listed above)

What's Happening to My Body? Book for Boys: A Growing-Up Guide for Parents and Sons by Lynda Madaras with Area Madaras. (see separate workbook by same authors listed above)

Want your own copy to keep at home? These local bookstores can order any title not in stock:

The Book Seller, 107 Mill St., Grass Valley, 272.2131

Harmony Books, 231 Broad St., Nevada City, 265.9564