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Getting Started: A Personal Menstruation Diary For Girls



Synopsis

Getting Started: A Personal Menstruation Diary for girls is an interactive diary designed to assist girls through their first year of menstruation, helping them better understand their menstrual cycle and the effects it has on their bodies. Getting Started features a universal calendar for tracking the details of every menstrual cycle up to a year, space for recording thoughts and feelings through diary entries, and an abundance of helpful tips and information covering all things period-related. Charming hand-drawn graphics and confidence boosting quotes really give this diary a light-hearted theme sure to make any young lady feel better about starting her period.

Book Information

Diary: 86 pages

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Average Customer Review: 5.0 out of 5 stars See all reviews (2 customer reviews)

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Customer Reviews

Great book for young girls who just started their periods. Unlike other books this one allows girls to journal their experience and how they are feeling in each chapter. I really liked how it talked about what to do if your period comes on unexpectedly like while you're at school or any other public place away from home. Great read can't wait to give it to my daughter!

Great book! Bought this for both of my daughters to use when they come of age. I think it will really help them keep track of their periods and everything in between. I love all the pages of girl to girl tips that pretty well cover everything about having a period! Look forward to seeing them use this book! :)

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