



## BOOK RESUME: CHANGING YOU!

### BOOK SYNOPSIS

An honest and reassuring guide to puberty for elementary school children. Puberty can be an exciting and confusing time for children. In the follow-up to her bestselling *Amazing You!*, Dr. Gail Saltz navigates the curiosity and confusion that youngsters feel as they start to notice the changes their bodies undergo. She also talks about reproduction and emerging sexuality all with her renowned brand of warmth and candor. This refreshingly accessible picture book also includes an author's note to parents.

**Title:** Changing You!

**Author:** Dr. Gail Saltz;  
illustrated by Lynne Avril  
Cravath

**Imprint:** Dutton Books for  
Young Readers

**Publisher:** Penguin Young  
Readers

**On sale date:** August 2,  
2007

**ISBN:** 9780525478171 and  
9780142414798

**Format:** Hardcover and  
Paperback

**Age Range\*:** 6-8

**Grade Range:** Gr 1-3  
(Recommended by *School  
Library Journal*)

### REVIEWS AND PRAISE

"This is an introduction to puberty and sexual intercourse in the context of a loving relationship between a man and woman. The book covers topics that kids often inquire about, such as bodily changes and how babies are born. Bright, cartoon illustrations of the human body at different stages and ages and labeled diagrams fill the pages. The clear, straightforward text uses language that young children can easily grasp while the running commentary that accompanies the art takes a lighter, more conversational approach. The book concludes with suggestions for discussing sexuality with children."—*School Library Journal*

"In the note to parents that precedes this chatty offering, Saltz says, "By [ages seven to ten, children] know that the sperm is in Daddy and the egg is in Mommy, so naturally they are wondering, 'How does one get to the other?' " The answer is here, in nicely anatomically cross-sectioned detail, along with an introduction to the changes that come with puberty leading up to the egg-and-sperm moment, and a brief discussion of the pregnancy that may well follow. In both its address to parents and children, the text is appropriately reassuring and matter-of-fact (much care is taken to use medical vocabulary for genitalia), although much is missing. There is no discussion of birth control or STDs, and it assumes a values system in which sexual intercourse and having babies are linked, without marriage as a prerequisite. Cravath's cartoon illustrations are accurate and amusing, and take some care to depict a multiethnic cast. In comprehensiveness, frankness and warmth, however, the whole cannot hold a candle to the Robie H. Harris/Michael Emberley trio of sex-ed books and must therefore be considered an additional purchase."—*Kirkus*

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Penguin Random House

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\*Publisher suggested age range covers the wide range of readers publishers envision using the book, whether for independent reading, family sharing, group study, or in other ways. Educators have the best sense of the appropriate range for their diverse learners they work with and understand these ranges vary depending on a book's intended use.