

# Reading Resources



## For parents, guardians, and caregivers

[Celebrate Your Body 2: The Ultimate Puberty Book for Preteen and Teen Girls](#)

By Dr. Lisa Klein & Dr. Carrie Leff

[Welcome to your Period!](#)

By Yumi Stynes & Dr. Melissa Kang

[It's Perfectly Normal: Changing Bodies, Growing Up, Sex and Sexual Health](#)

By Robie H Harris and Michael Emberley

[Girl Puberty: How to Talk about Puberty and Sex with your Tween Girl](#)

By Cath Hankanson

[Girl to Girl: Honest Talk about Growing Up and Your Changing Body](#)

By Sarah O'Leary Burningham

[The Period Book. A Girls Guide to Growing Up](#)

By Karen Gravelle

[The Care & Keeping of You. The Body Book for Older Girls 2](#)

By Dr. Cara Natterson

Aunt Flow provides dispensers that stock free-vend, 100% organic tampons and pads to schools and business.

The books on this list are merely suggestions, and Aunt Flow makes no endorsement of their contents. Just cheering you on as you have conversations about menstruation because we are #periodpositive everyday!

people helping people. PERIOD.

**Proud to support period positivity**