

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

people helping people. PERIOD.

Aunt Flow provides dispensers that stock free-vend 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!

Proud to support period positivity