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What's Happening To Me?: An Illustrated Guide To Puberty



Synopsis

For more than twenty years, *What's Happening to Me?* has helped parents explain puberty to their children who are experiencing "growing pains". More than one million children and young adults have enjoyed the humor and honesty in this book, while learning what really happens to their bodies as they mature. Peter Mayle and Arthur Robins are the bestselling team also responsible for *Where Did I Come From?*

Book Information

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Customer Reviews

I bought this for my 10-year-old daughter on the recommendation of her pediatrician who said it is good to provide books that address the development of girls and boys. However, after reading it, I am sending it back for a few reasons. I'll name two. Firstly, it ties development too closely to certain ages. It has a chart with stages of development that shows that girls who are 8 - 10 have not started developing. My daughter started developing when she was 8 and seeing this chart is likely to make

her feel more uncomfortable about developing early. The text mentions that changes can happen earlier or later but the chart speaks loudly for itself. Secondly, the discussion of breast development, addressed to girls, indicates, "...breasts help you look pretty good. Boys and men like them a lot, and quite right too." I am confident that my daughter, who has no interest in boys at the moment, would be horrified to hear that boys like her breasts a lot. And my daughter's breasts are just that, her breasts - not objects to provide pleasure to the boys and men around her. And couldn't the male author have found a female physician to weigh in on menstruation instead of Dr. Earl Cooperman who advises girls to "accept the discomforts of menses (the period) as a small inconvenient fact of life"? I'd like my daughter to develop opinions about her body outside the influence of how boys and men think about it. So, I worry that this book is likely to create rather than alleviate anxiety in my daughter about her developing body. I also feel that, as indicated above, it sometimes provides an outdated male-centric perspective on the female body.

My advice is to always read everything before you give it to your children. This book might be ok for you, but I didn't like it. I teach biology, and thought this book was a little goofy. I was also pretty turned off when "...breasts help you look pretty good. Boys and men like them a lot, and quite right too." showed up in there. Really? I guess at this stage, I would personally lean toward basing kids' knowledge in a more scientific account of what's going on and let my son figure out on his own how he feels about breasts, and down the line, my daughter doesn't need a book that is supposed to be a valuable resource telling her that breasts are there to help her look pretty. I mean - shouldn't we focus on their actual purpose at some point? *ugh I ended up giving something else to my son to read.

I bought this book to help my 13 year old son, who has Downs syndrome, understand why his body is changing. We have read it several times, and every time we finish with it, I remind him that if he has any new questions he can bring the book to me and we will talk about them. Though this book is very cartoon heavy in it's illustrations, it has very detailed true-to-life representations of both boys and girls bodies as they are growing. Development is a difficult subject to breach with a child that is not disabled, and for me it was a struggle because I didn't know if he was able to understand the concepts presented in this book. However, I forged ahead, and reading this book opened a dialogue for my son that was really needed. There were a few short sections that I left out of the reading, I thought they were a little over board with the cutesy.

At first sight this book seems to revealing to me. I purchased the book as my oldest approached puberty. I needed some guidance on how to inform him of what is happening and I wanted to make sure I understood as well. I read through the whole book and even still I felt that the book was a bit to revealing. I couldn't talk to my baby about this stuff not like this.... Well when the time came I couldn't find the words. So we read the book together. He understood and identified with things in the book and we have both been able to progress though this stage of his life rather smoothly.

Like the previous book by Peter Mayle, "What's Happening To Me?": provides all parents with a great discussion starter when the issue of puberty raises it's head. Funny yet accurate: this book opens the doors to meaningful discourse between parents and their sometimes "difficult" 'tweens. The timing of it's use depends on when puberty begins; often much earlier than expected today.

I recommend that parents read this before handing to their child. It is a great book but I felt that one or two chapters were a little too advanced for my 5th grader to read about.

Very clear-cut non-judgmental practical guide to puberty. My kid hated the illustrations, but I thought they were hysterical.

This is a great way to talk to your kids about the changes in life.

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