

# BKLYN Celebrate Your Changing Body

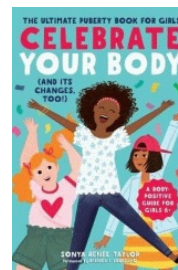
Created by BklynRakishaK

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## Periods: What to Expect

[https://www.youtube.com/watch?v=DBe7-](https://www.youtube.com/watch?v=DBe7-PHRav8&list=PLbiF4PwyowdxDifOAVBwzgrgVPEzyh1of&index=48)

[PHRav8&list=PLbiF4PwyowdxDifOAVBwzgrgVPEzyh1of&index=48](https://www.youtube.com/watch?v=DBe7-PHRav8&list=PLbiF4PwyowdxDifOAVBwzgrgVPEzyh1of&index=48)



Celebrate your body (and its changes, too!) / The Ultimate Puberty

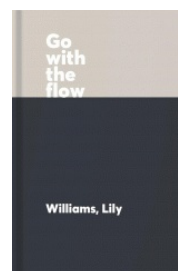
Book for Girls

Taylor, Sonya Renee, author.

## WELCOME TO A CELEBRATION DAY FOR GIRLS!

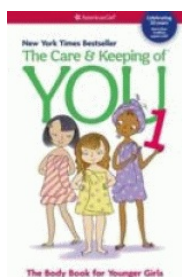
<https://celebrationdayforgirls.com/>

This workshop for girls 10-12 years old with their mother or female carer is designed to inspire curiosity, wonder and appreciation of the changes of puberty and the onset of menstruation. With the intention to overturn secrecy and embarrassment Celebration Day for Girls nurtures connection, normal...



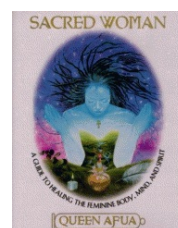
Go with the flow [electronic resource].

Schneemann, Karen.



## The care & keeping of you 1

by Valorie Schaefer ; Cara Natterson, MD, medical consultant ; illustrated by Josee Masse.



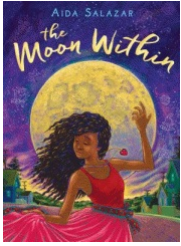
Sacred woman

Queen Afuah.

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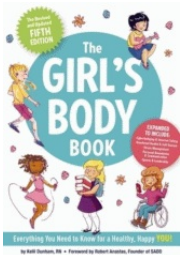
## The moon within

Salazar, Aida, author.



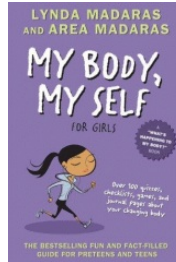
## Go With the Flow

Schneemann, Karen/ Williams, Lily



## The Girl's Body Book

Dunham, Kelli/ Tallardy, Laura (ILT)



## My body, my self for girls

Lynda Madaras and Area Madaras.