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Coloring books for boys

If puberty has made its uncomfortable entrance into your son's life, then you may be wondering where to look for simple answers to some of the most difficult questions. These books will give your child facts to navigate the choppy waters until adolescence. Each product we have has been independently selected and reviewed by our editorial team. If you make a purchase using the included links, we can earn a commission. Puberty hit my house. My oldest son walked into tween years and seemingly overnight he went from my sweet boy who wanted to bake with his mom to an eye-watering previous teenager who keeps stealing my iPhone charger. Puberty is not just the time of shadowy lines of mustache on the upper lips and talk of buying deodorant. This is an opportunity to teach our children more about how to take care of themselves physically, emotionally and mentally. These conversations are not always easy to have for both children and adults. But parents can use the power of books to help get these important and sometimes awkward conversations started. The books help break the ice and open up a discussion about sensitive topics all children face, says Ansley Feldman, M.D., FAAP, a pediatrician who practices at Sanders Pediatrics in Buffalo Grove, Illinois. It is important to nod to young adults that changes in the body occur to everyone. For black, indigenous peoples and parents of color, it can be challenging to find books that cover certain topics specific to their children. In today's climate, interactions with law enforcement and authorities are paramount issues to discuss with family, says Toby Adeye amosun, a pediatrician and medical director at the Children's Academy Clinic in Nashville, Tennessee. From a medical point of view, there are skin and hair problems specific to black teenagers that [many] books don't address. RELATED: Dos and don't talk about race with children But she advises parents to look for a book that discusses issues of race and racism, tackles nutrition, exercise, sleep, eating disorders, and mental health, as well as sections on sexuality, consent, dating, contraception, and LGBTQ problems. Don't forget driving safety, social media and substance use. And choose a book that talks about all stages of puberty. Puberty can start as early as 9 or 10 for boys-even earlier for girls- and lasts until their early 20s, says Dr. Amosun. That's why it's important that all parents start talking about the development of the body early and with proper terminology. My cue is to start a conversation when they start having body odor, says Dr. Amosun. Chances are your child is already discussing these issues with their friends, but it's always helpful for them to have input from a trusted adult, adds Dr. Amosun. Having justified this in mind, here are seven titles that parents can feel good about reading with their tween. Each of these books offers factual information that a wide breadth of themes about puberty that most boys will find they can relate to. To. American Girl Body Book has always been my choice for girls, and now there's a boys' book called Guy Stuff: Body Book for Boys, says Dr. Feldman. The author, Kara Natterson, is also a pediatrician, mom, and go to puberty expert, as her website claims. These easy reading books provide basic information, every tween should approach this next stage in life and feel confident doing so, adds Dr. Feldman. The American Medical Association has combined a wonderfully robust book that covers all the largest (and most insecurable) parts of puberty, including physical and emotional health. From accompoie to relationships, body changes to thinking about healthy ways to take care of your body, this book covers a wide range of important topics that every boy should explore. You can call it a classic now that it's more than 20 years old and has sold more than 150,000 copies. He was described as part guide and part older brother with his funny and connected illustrations and interviews with real teenage boys. It is filled with all the facts that every boy should navigate his way from childhood to male with confidence. The latest version includes new sections that cover body image, sexual harassment, consent and safe use of social media. It's a solid choice because it gives boys the opportunity to learn not only about their own body changes, but also what their female peers are taking over too. Talk about the opportunity to teach respect and empathy! Focused on 11- through 16-year-olds, Sex puberty, and all that stuff covers some

awkward topics for parents to talk about, including sex, STDs, and pregnancy. But don't worry, the authors do a great job of taking some of the fear out of conversations, including funny cartoons, to help defuse any awkwardness. RELATED: When do boys stop growing up? This book targets more parents and teachers to give them an empathetic understanding of the pressures faced by boys while navigating new social situations, changing bodies and the awkwardness of puberty. The icard combines personal experiences with recent research on how children's brains grow and change over time to give parents and teachers a toolkit set of tools on how to understand and work with the wonderful tweens and adolescents in their lives. Boys under the age of 10 will enjoy this hilarious interactive book that teaches everything big and small (and smelly and strange) and what men's bodies do when they go through puberty. Through five stages of development between the ages of 10 and 17, the body book gives boys factual information and peppers in humor, quizzes, and Q&A. A type of participation. This is the third and final book in a series of books about bodies for children. To this extent, parents can expect some difficult topics that have made this book controversial, albeit incredibly popular. The authors address important topics ranging from abortion, sexual gender identity, masturbation and HIV/AIDS, to name a few. Some parents may find loss of words about how explain some of these kinds of topics, and so having an expert voice guide to these conversations in an articulated and thoughtful way can help boys separate fact from myth as they travel through their tween and teenage years. Download our free printed printed to create your own coloring and match coloring pages. What's really under the sea? Let your children decide! Download this fish-friendly coloring page and let your imagination go to work. Advertising advertising can not make it to the beach? Your kids can color the day away instead with this sunny coastal scene. Escape to the hills with this page posting a camping theme your kids will love! Advertising Let your kids show their patriotism on paper with this American flag coloring page - whether it's sticking red, white and blue or creating a new masterpiece! Download and print this night coloring page for children's wall art that is out of this world! This magical picnic scene will keep your kids cheerful any day - and it might just inspire you to plan your own picnic in the sun! Advertising Advertising Encourage your little ones to get creative with this playground coloring page. Purple sand or polka dot swing? Everything's coming! Your children will find their rhythm with this creativity inspiring parade page. What color does the elephant have? Any color your kids want! Let them work their coloring magic on this zoo theme page. Copyright &© copy of 2010 Meredith Corporation. Advertising a little stress can actually be a good thing. Indeed, the normal response of the body and brain to daily stress is what allows us to cope with daily problems such as waking up to an alarm clock in the morning, getting stuck in traffic or coming home for a birthday surprise. How stress helps us SurviveStress can also give you an appropriate awareness of when you're at risk. This is important for your survival as a human being, says Jennifer Haight, MD, cardiologist and codire of the Center for Women's Cardiovascular Health at New York-Presbyterian Columbia University Irving Medical Center in New York City. That healthy vigilance relies in part on the body's response to struggle or flight: When something stressful happens, stress hormones like cortisol course through your body, says Dr. Haight, boosting your energy and allowing you to , get a loved one out of the burning car before you notice that you have suffered yourself. When stress turns out to be unhealthyBut when stress becomes chronic, or when you find that you constantly have a reaction to small stresses, that's when stress can be less beneficial, and can affect your emotions, cognition and physical health in a negative way, Gupta says. Stress can even contribute to a serious disease down the line, whether it's heart disease, reduced immunity, or changes in the brain. while it is impossible to banish stress completely, each of us can learn coping strategies that help manage its effects. Whether it's listening to withered music, giggling Favorite soothing essential oils on the pulse before bed, or closing your eyes, get up from your head and having sensory experience, you can put stress aside when you need to. Here's what you need to know to calm your nervous system, keep stressful events in perspective, and keep feeling good, whatever life throws your way. Way.

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