

## **HYGIENE**

Crump, M. No B.O.! : The Head-to-Toe Book of Hygiene for Preteens. Puberty can be a pain. Who needs acne? Stinky feet? B.O.? Good hygiene can make a big difference in how kids feel about themselves during this challenging time. It can also make a difference in how others feel about them. j 613.0433 Crump

Fox, L. Ella Kazoo Will Not Brush Her Hair. A little girl refuses to brush her hair until it becomes so unruly that it takes over everything. jP Fox

Johnston, T. Sticky People. Sticky children playfully spread their stickiness around until bath time changes everything. Do you . . . eat with sticky fingers and slurp tea-party tea? Can you . . . make a goopy mud cake and sticky cards with glue? Then this book is for you! jP Johnston

Katz, A. Girl in the Know: Your Inside-and Out Guide to Growing Up. A guide to puberty for girls that discusses skin, menstruation, mood swings, relationships with family and friends, diet, personal hygiene, hair care, and other related topics. j 613.0424 Katz

Langen, A. I Won't Comb My Hair! Tanya screams "I Won't" whenever she doesn't want to do something, especially when she never, ever wants to comb her hair. jP Langen

McElligott, M. Backbeard and the Birthday Suit. A humorous story of a rough, tough, and hairy pirate who gets some new clothes. jP McElligott

Miller, E. The Tooth Book: A Guide to Healthy Teeth and Gums. Taking good care of your teeth and gums is an important part of maintaining overall health. Full of straightforward advice and animated, colorful art, as well as some bite-sized bits of history and lore, this guide provides accessible information about taking care of your teeth. j 617.601 Miller

Palatini, M. Gorgonzola: A Very Stinkysaurus. When Gorgonzola the dinosaur learns that everyone runs from him to avoid his smell, rather than out of fear, he is grateful to the little bird who shows him how to brush his teeth and wash. jP Palatini

Parker, S. Professor Protein's Fitness, Health, Hygiene, and Relaxation Tonic. Professor Protein, Carol Calorie, and their friends tell how to get fit, stay healthy, keep clean, relax and rest, and enjoy life through the best foods, drinks, exercises, and sports. j 613 P243

Schaefer, V. The Care & Keeping of You: the Body Book for Girls. A preteen girl's guide to basic health and hygiene--from braces to bras, pimples to periods, hair care to healthy eating. j 613 Schaefer

Schuh, M. At the Dentist. Simple text, photographs, and diagrams present information about going to the dentist and how to take care of teeth properly. j 617.6 Schuh

Slangerup, E. Dirt Boy. To avoid taking a bath, Fister Farnello runs away from home and is befriended by Dirt Man, a filthy giant who lives in the woods. jP Slangerup

Teckentrup, B. Big Smelly Bear. Big Fluffy Bear insists that Big Smelly Bear visit the pond for a bath before she will scratch the itch he cannot reach. jP Teckentrup

Compiled by the Rochester Public Library Children's Room.  
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