

ADVANCE INFORMATION

The Art of Menstruation The Art of Menstruation

Anabel Muñoz Llopis

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Format: Paperback

Price: €14.99 / £13.99

Size: 297mm x 215mm

Extent: 48pp

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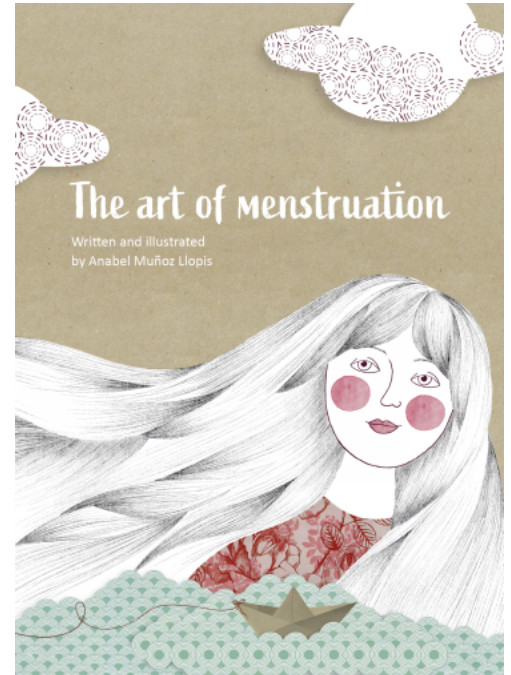
Category: Children's Non-Fiction

BIC: Personal & social issues: body & health (Children's/YA)

BISAC: JUVENILE NONFICTION / Girls & Women

Thema: Children's / Teenage personal & social topics: first experiences & growing up

Illustrations: 100 Illustrations, colour



Key Note

This is a gorgeous, fully illustrated book that teaches girls (and boys) the language surrounding their bodies and what happens during menstruation.

Description

Your First Period: A Friendly Illustrated Guide for Girls (and Boys) to Understanding Menstruation and Puberty

How to Talk to Your Child or Teen About Periods and Menstruation – The Perfect First Period Book for Girls Ages 8-14

Getting your **first period** (also called menarche or menstruation) is a completely normal and exciting milestone in growing up! This beautiful, fully illustrated children's book makes it easy for parents to start open conversations about periods with girls *and boys*, helping everyone feel confident, prepared, and empowered.

Just like learning to ride a bike, bake cookies, swim, walk, or read, your body needs a little guidance when something new happens. You might wobble at first, make mistakes, or have lots of questions... and that's 100% okay! Even adults ask for help when learning new things, like driving a car.

Your first period is no different. It's the start of an incredible journey your body is naturally ready for – one that'll be part of your life for many years. That's why starting with clear, positive information is so important. This engaging guide explains **what happens during menstruation** in a fun, friendly way:

- The natural changes in your body during puberty
- Why periods happen and what to expect (cramps, flow, mood changes, and more)
- Tips for feeling prepared with pads, period underwear, or other products
- Why periods are something to celebrate, not hide!

For further information, please contact:
Info
82c Ballyhooly Road, St Luke's Cross, Cork, Ireland

Tel: +353 87 6461627
Email: carina@mercierpress.ie
www.mercierpress.ie

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Packed with colourful illustrations and simple explanations, this is the ultimate **first period book for girls** (recommended for ages 8-14) that also teaches boys about empathy and understanding. Help your daughter or son embrace this new chapter with confidence – no embarrassment, just empowerment!

Perfect for parents searching for:

- Books about periods for girls
- Puberty books for preteens and tweens
- How to explain menstruation to kids
- Positive, inclusive guides to your first period

Make 'the period talk' easy, positive, and unforgettable – because every body deserves to feel ready and proud!

Also available in Irish Language:

MÍOSTRÚ

Author Information

Anabel Muñoz Llopis is an author and illustrator @am.ilustra

For further information, please contact:
Info
82c Ballyhooly Road, St Luke's Cross, Cork, Ireland

Tel: +353 87 6461627
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