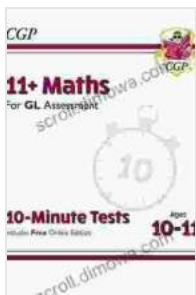


Ages 10-11 Pack with Parents Guide: Empowering Preteens with Knowledge and Confidence

The years between 10 and 11 are a time of significant change and growth for preteens. They are beginning to experience puberty and the physical and emotional changes that come with it. They are also facing new social pressures and challenges, both online and offline. It can be a confusing and overwhelming time for both preteens and their parents.



11+ GL Maths Practice Papers: Ages 10-11 - Pack 1 (with Parents' Guide): for the 2024 tests (CGP 11+ GL)

by CGP Books

★★★★☆ 4.6 out of 5

Language : English

File size : 6943 KB

Print length : 76 pages

Screen Reader : Supported



The Ages 10-11 Pack with Parents Guide is an essential resource for parents and preteens, equipping them with the knowledge and skills they need to navigate the challenges and opportunities of adolescence. The pack includes a book for preteens, a guide for parents, and a set of discussion cards.

The book for preteens covers a wide range of topics, including:

- Puberty and the physical and emotional changes that come with it
- Social media and the challenges and opportunities it presents
- Relationships and how to build healthy friendships and romantic relationships
- Mental health and how to cope with stress, anxiety, and depression

The guide for parents provides practical advice on how to support preteens through the challenges of adolescence. It includes tips on:

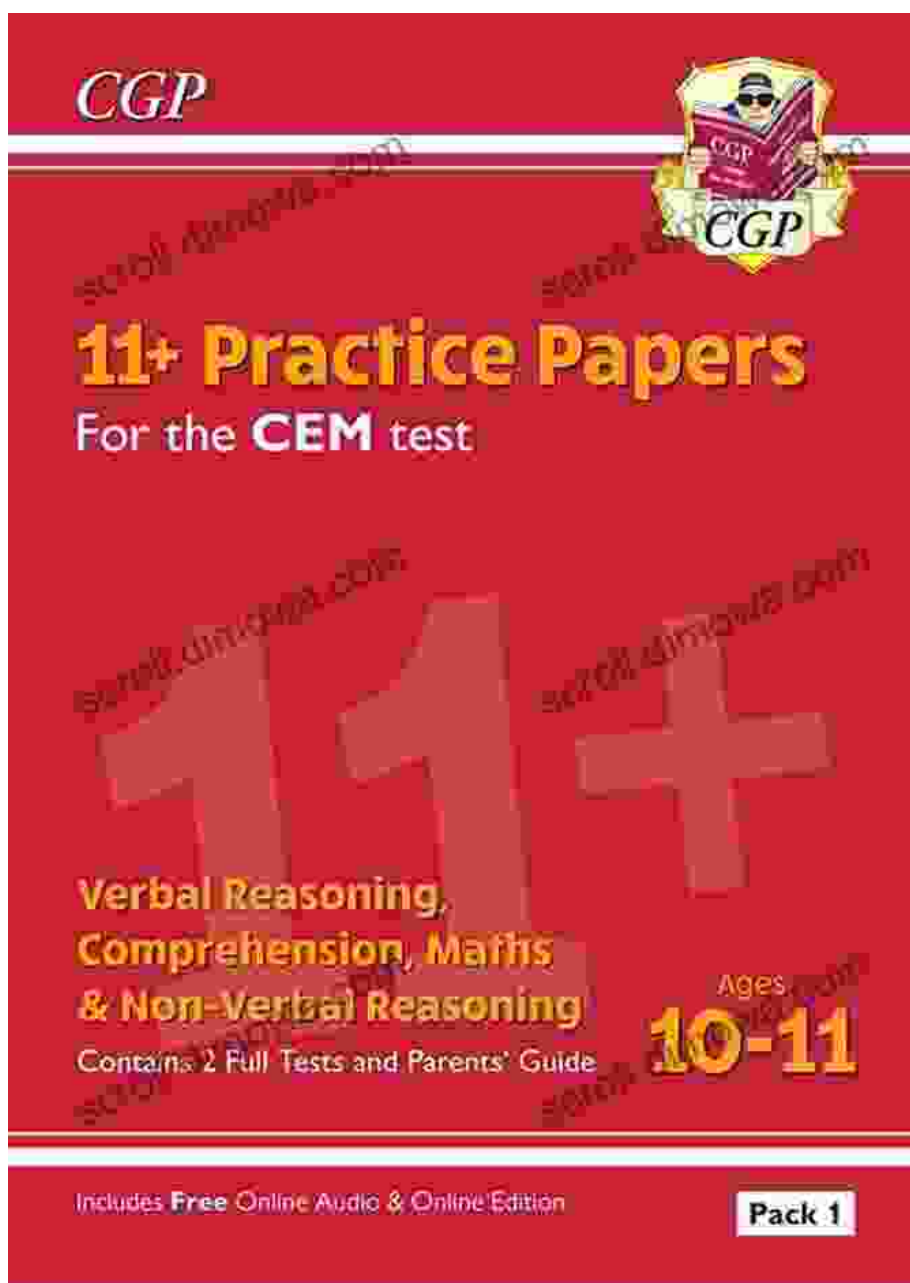
- Talking to preteens about puberty and other sensitive topics
- Setting limits and boundaries
- Supporting preteens' mental health
- Building a strong relationship with your preteen

The discussion cards are a great way to start conversations with preteens about the topics covered in the book and guide. They can be used at home, in the car, or anywhere else where you have a chance to talk. The discussion cards are also a great way to get preteens thinking about their own experiences and feelings.

The Ages 10-11 Pack with Parents Guide is an invaluable resource for parents and preteens. It provides the knowledge and skills they need to navigate the challenges and opportunities of adolescence. With this pack, preteens can learn about puberty, social media, relationships, and mental health in a safe and supportive environment. Parents can learn how to

support their preteens through the challenges of adolescence and build a strong relationship with them.

Free Download your copy of the Ages 10-11 Pack with Parents Guide today!



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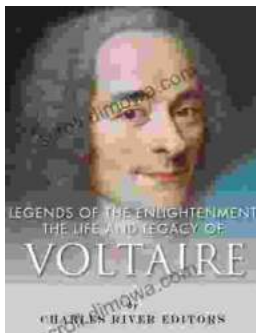
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