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**CELEBRATING ME author urges improved reproductive health communication between young girls & parents**



Parents and young children, especially girls, were challenged to communicate more openly about issues concerning their reproductive health and development by author Colleen Wint at the launch of her debut novel ***Celebrating Me*** at the Caribbean Child Development Centre (CCDC), UWI Mona Campus on Tuesday May 12.

“There is a growing realisation of the need for adults and children to better understand their bodies, body functions and ultimately, responsibility for one's own health. Preparing our girls to understand themselves and to make informed choices later in life can often take adults into uncharted waters, ***Celebrating Me*** intends to help fill that gap” Wint, an experienced Caribbean communications practitioner, whose specialist areas include communications, international relations and development and media production, explained.

Described by the Wint as a celebratory “coming-of-age story for girls,” ***Celebrating Me*** tells the story of four young girls, aged 10 to 11 years, who have to unravel and ultimately come to terms with the ‘facts of life’, especially menstruation. Entwined with typical experiences and varying family circumstances of Caribbean girls, the story explains the biology of menstruation and provides guidance in the use of the book for children and adults with special sections “A Word to Young Readers” and “A Word to Parents and Adults”.

***Celebrating Me*** is ideal for ages 8-13 or children at a grade 5 reading level.

This welcome addition to Caribbean literature, with illustrations of typical Caribbean girls, provides the perfect ice breaker to introduce the menstruation phase of puberty while demystify the monthly period and the female reproductive changes for young boys. “It is not just a humorous and tender story to read, but is also tool for anyone engaging with children,’ says Wint. The girls will easily see themselves or their friends in the story, and it is useful for boys to understand the monthly periods of many of the women in their lives.

Copies of *Celebrating Me* are available for purchase at Bryan’s Bookstores and Bookophilia

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Contact: [sharonleach715@hotmail.com](mailto:sharonleach715@hotmail.com)