

Meet the author of *The Care & Keeping of You 2*, trusted pediatrician Cara Natterson, M.D.



Meet Cara

Cara Natterson, M.D., is a board-certified pediatrician and a Fellow of the American Academy of Pediatrics. She has treated thousands of children and guided their parents as well. She is committed to giving kids tools to maximize their health, so she speaks regularly on the topic and teaches human growth and development to fourth-, fifth-, and sixth-graders at her local schools.

Cara has also appeared on television, in print, and on the web, and she has counseled Fortune 500 companies seeking expert advice on safety issues, child health, and crisis management. Cara is a graduate of Harvard College and Johns Hopkins School of Medicine, and trained in pediatrics at the University of California at San Francisco. She lives in California with her husband and two children, and she is thrilled to be a part of the American Girl family!

Dear Parents,

I am one of you. I have two kids who are growing up before my very eyes. They want to understand how their bodies are going to change and why their moods, friends, and interests are shifting, too. While every child is unique, all kids still seem to have similar worries.

I am also an expert. From the time I first started practicing medicine, I have told parents about *The Care & Keeping of You*. To me, it was always the single greatest resource for girls to learn about what is happening to their bodies—inside and out—during puberty. I was thrilled to be a part of updating *The Care & Keeping of You*, helping to expand and refresh the content so that it is more relevant to today's girl.

The new *The Care & Keeping of You 2* will give your daughter all of the information she needs while growing up. As parents, it is our job to keep our kids safe and healthy—this book will teach girls how to participate. But it is not just for kids. I wrote it for you, too, in an effort to help you remember what it was like to go through puberty and what might be different for your child. So I hope you enjoy it, and I hope the *Care & Keeping of You* books are just the beginning of years of conversations with your daughter.

Cara

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