# Jessica Biel Releases Children's Book 'A Kids Book About Periods' to Normalize Conversations on Menstruation



Jessica Biel has released a new children's book titled "A Kids Book About Periods" aimed at normalizing conversations around menstruation. The book is inspired by Biel’s personal experience with her first period and is intended to spark positive discussions between children and adults. Targeted at children aged 7-9, the book is available on Kindle and as a hardcover. In an interview with Women’s Health, Biel shared that despite her mother's preparation, she felt cultural shame when she first got her period. The book, dedicated to her two sons, Silas and Phineas, seeks to inform children that menstruation is a normal part of life.