

Suggested books to support parents/carers in talking with their children about sex and relationships, and related topics

Age 3-7

Relationships/Reproduction/Families

- *Questions Children Ask* M Stoppard
- *Hair in Funny Places* B Cole
- *Mummy Laid an Egg* B Cole
- *Amazing You* Dr G Saltz
- *Where Willy Went* N Allan
- *Let's Talk About Where Babies Come From* R H Harris
- *What Makes a Baby* C Silverberg
- *If I had a 100 Mummies* V Carter
- *King and King* Linda de Haan and Stern Nijlan
- *Mummy Never Told Me* B Cole
- *How to be a Friend* L Brown and M Brown
- *Your Mummy Ate My Football* Lynwen Jones
- *And Tango Makes Three* J Richardson and P Parnell
- *The Growing Story* R Krauss
- *So Much* T Cooke
- *Where Did That Baby Come From* D Gliori
- *There is a House Inside my Mummy* G Andrae and V Cabban
- *Topsy and Tim and the New Baby* J and G Adamson
- *If Big Can...I Can* B Shoshan
- *Monkey Puzzle* J Donaldson
- *The Nanny Goat's Kid* J Willis

Identity

- *Introducing Teddy* J Walton
- *The Paper Bag Princess* R Munsch
- *Alien Nation* M Donaldson
- *Red - A Crayon's Story* M Hall
- *Goodnight Stories for Rebel Girls* W Favilli
- *Ada Twist Scientist* A Beaty
- *Long Live Princess Smartypants* B Cole
- *Rosie Revere Engineer* A Beaty
- *Made by Raffi* C Pomranz
- *The Princess Knight* C Funke
- *Giraffes Can't Dance* G Andrae
- *Odd Dog Out* R Biddulph

Getting Help

- *Kit Kitten and the Topsy-turvy Feelings* J Evans
- *Some Secrets Should Never be Kept* J Sanders
- *A Kiss Like This* L Anholt

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- *How do Dinosaurs Get Well Soon?* J Yolen
- *My body! What I say goes!* Jayneen Sanders
- *Dr Dog* B Cole
- *No means no!* J Sanders
- *For every child* UNICEF (the Rights of the Child in words and pictures)
- *The huge bag of worries* V Ironside

Age 7+

Reproduction/puberty

- *Let's Talk About Sex* R H Harris
- *Living with a willy* N Fisher
- *The period book* K Gravelle
- *What's happening to me?* P Mayle
- *Girls Only* V Parker
- *The puberty book* W Darvill
- *Sex is a funny word* C Silverberg
- *How your body works* Judy Hindley
- *A-Z of Growing up, puberty and sex* L De Meza
- *Sex is a funny word* C Silverberg and F Smyth

Useful books for parents

- *Questions Children Ask and How to Answer Them* Dr M Stoppard
- *Speakeasy: Talking with your Children about Growing Up* fpa (Family Planning Association)

Useful websites for children:	Useful websites for parents:
Amaze.org- Puberty section (Age 9+) BBC Teach –The Big Talk (age 9-12) Kids' Health - Menstruation Male puberty - including wet dreams	Family Lives NSPCC Outspoken Sex positive families Sitting in car YouTube Channel: how to talk comfortably with your kids about sex and consent NHS - stages of puberty Outspoken - RSE worksheets