

Relationships and Sex Education Useful reference and story books for parents and carers

This list includes a range of books for parents and carers to support children's understanding of Relationships, Growing Up and Sex Education. Each parent and carer will want to review the books and decide what is the most appropriate and relevant for their child.

Key Stage 1

Books about where babies come from

- **My Amazing Journey:** A first look at where babies come from by P.Thomas, published by Macdonald Young Books. A picture book exploring conception and birth of a child
- **The World is Full of Babies** by M.Manning and B.Granstorm, published by Franklin Watts. Storybook about animal development (including humans)
Only available from 3rd party sellers via Amazon
- **Where Babies Come From** by Rosemary Stones, published by Puffin. Includes correct names for parts of the body.
Out of print but available via 3rd party sellers on Amazon
- **Your Mummy Ate my Football** by Lynwen Jones, published by the Birmingham Health Education Unit, available from Amazon. Suitable for Foundation stage and KS1 children. The book uses clear language and cartoons and the correct terminology to explain how babies are made.
- **How Did I Begin?** By Mick Manning & Brita Granstroem, published by Franklin Watts. A gentle introduction to human reproduction and the growth and development of a baby within the womb.
- **Baby on Board** by Wes Gray, published by Hachette Children's Group. The story traces the 9 months during which a family await the birth of a new baby, written from the eyes of a small child.

Books about the body and growing

- **Once There Were Giants** by Martin Waddell and Penny Dale published by Walker Books Ltd. Explores the stages of life and development
- **Boys and Girls** by Lynwen Jones, published by the Health Education Service, available to order from Waterstones. Suitable for Foundation stage and KS1 children. The book uses clear language and cartoons and the correct terminology to dispel myths surrounding gender stereotypes and is a gentle introduction into understanding differences between boys' and girls' bodies
- **Where Willy Went** by Nicholas Allan, published by Penguin. A funny story about the facts of life for five to seven year olds

Books about families

- **The Family Book** by Todd Parr published by Little Brown Books for Younger Readers. A picture book that celebrates the varieties of families
Available via 3rd party sellers on Amazon
- **It's Ok to be Different** by Todd Parr published by Little Brown Books for Younger Readers. A picture book celebrating individuality and difference
- **We belong together** by Todd Parr published by Little Brown and Company. A book about adoption and families
- **Amazing Grace** by Mary Hoffman and Caroline Binch published by Frances Lincoln Children's Books. A story that shows you can be anything you want to be.
- **My Parents Picked Me!** By Pat Thomas and Lesley Harper published by Hodder Children's Books. Suitable for both KS1 and 2. A First Look at Adoption: explores the issue of adoption in a reassuringly simple way. The fears, worries and questions that children have are examined.
- **And Tango makes three** by Justine Richardson and Peter Parnell, published by Simon & Schuster Children's UK. Based on a true story of a pair of male penguins at the Bronx Zoo bonding and treating a stone like an egg. This heart-warming story shows that all that is needed to make a family is love
- **Who's in a Family?** By Robert Skutch, published by Tricycle Press. Family is important, but who's in a family? Why, the people who love you the most! This equal opportunity picture book shows lots of different types of families
- **My Family's Changing** by Pat Thomas published by Hachette Children's Group. A picture book that explores concerns about divorce and family break-ups in a simple and reassuring way.

Key Stage 2

Books about puberty

- **What's happening to me?** (girls and boys versions) by Susan Meredith and Nancy Leschnikoff published by Usborne. Information with illustrations and diagrams about puberty for girls and for boys.
- **The Smart Girl's Guide to growing Up** by Anita Ganeri published by Scholastic. A light-hearted advice about puberty
- **The Puberty Book** by Wendy Davill and Kelsey Powell, published by New Leaf. Humorous and informative description of puberty.
- **Living with a Willy** by Nick Fisher. Straightforward information about growing up and puberty for boys
- **Totally Pants: A Brilliant Guide to Boys' Bits** by Tricia Kreitman, Dr Neil Simpson and Dr Rosemary Jones. A clear and approachable guide, providing all the facts boys need, which offers reassuring advice to allay boys' anxieties and answer the questions they may be too embarrassed to ask.

- **Little Book of Growing Up** by Victoria Parker published by Hachette Children's Group. Written in a friendly, accessible style, and in an appealingly discreet, compact format, this is an essential guide for all girls approaching puberty.
- **Hair in Funny Places** by Babette Cole, published by Jonathan Cape. Explains puberty in a humorous way

Books about families

- **Mum and Dad Glue** by Kes Gray , published by Hachette Children's Group A book about a boy coming to terms with his parents' divorce.'
- **King & King** by Stern Nijland and Linda de Haan, published by Tricycle Press. A contemporary tale about finding the perfect match for a prince
- **King & King & Family** by Stern Nijland and Linda de Haan, published by Tricycle Press. Newlyweds King Lee and King Bertie and their journey to start a family of their own in a story about adoption.

Books about where babies come from

- **Mummy Laid an Egg** by Babette Cole, published by Red Fox. Storybook where children dispel some of the myths about where babies come from and explain how babies are made at a simple level and in a humorous way
- **Let's Talk about Where Babies Come From** by Robie H Harris and Michael Emberley, published by Walker Books. Information about sexual health and reproduction where the reader is led by the "bird" and the "bee".
Only available through 3rd party sellers on Amazon
- **Great answers to difficult questions about sex: what children need to know** by Linda Goldman published by Jessica Kingsley. Provides parents with guidance on how to answer questions
- **Asking About Sex** by Joanna Cole, published by Harper Collins. Written especially for preteens, the author uses a question-and-answer format to offer straightforward information on a wide variety of subjects related to sex and puberty.

Websites

<https://bettyforschools.co.uk/>

Resources for educating Year 6 and teenagers about periods

Betty's Parents' hub

<https://wearebetty.com/pages/parent-hub-landing-page>

A website for parents to learn about puberty for boys and girls (including periods)

AMAZE JR. <https://amaze.org/jr/>

An American series of animations set around a group of diverse parents discussing how to respond to children when they ask relationships and sex related questions. NB American's refer to RSE as Sexuality Education. Also available to download as podcasts from Spotify <http://podcast.amaze.org/>