

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

EYFS/KS1

Relationships/Reproduction/Families

- Questions children ask by M Stoppard
- Hair in funny places by B Cole
- Mummy laid an egg by B Cole
- Amazing you by Dr G Saltz
- Where willy went by N Allan
- Let's talk about where babies come from by R H Harris
- What makes a baby by C Silverberg
- If I had a 100 mummies by V Carter
- King & King by Linda de Haan and Stern Nijlan
- Mummy never told me by B Cole
- How to be a friend by L Brown and M Brown
- Your mummy ate my football by Lynwen Jones
- And tango makes three by J Richardson and P Parnell
- The growing story by R Krauss
- So much by T Cooke
- Where did that baby come from by D Giori
- There is a house inside my mummy by G Andrae and V Cabban
- Topsy and Tim and the new baby by J and G Adamson
- If big can...I can by B Shoshan
- Monkey Puzzle by J Donaldson
- The Nanny Goat's Kid by J Willis

Identity

- Introducing Teddy by J Walton
- The Paper Bag Princess by R Munsch
- Alien Nation by M Donaldson
- Red -A crayon's story by M Hall
- Good night stories for rebel girls by W Favilli
- Ada Twist Scientist by A Beaty
- Long live princess smartypants by B Cole
- Rosie Revere Engineer by A Beaty
- Made by Raffi by C Pomranz
- The princess knight by C Funke
- Giraffes can't dance by G Andrae
- Odd dog out by R Biddulph

Getting Help

- Kit Kitten and the topsy-turvy feelings by J Evans
- Some secrets should never be kept by J Sanders
- A kiss like this by L Anholt

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- How do dinosaurs get well soon? By J Yolen
- My body! What I say goes! By Jayneen Sanders
- Dr Dog by B Cole
- No means no! by J Sanders
- For every child by various (the rights of the child in words and pictures)
- The huge bag of worries by V Ironside

KS2+

Reproduction/puberty

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

Useful books for parents

- Questions children ask and how to answer them by Dr M Stoppard
- Speakeasy: talking with your children about growing up by fpa (Family Planning Association)

Useful websites:

Parentlineplus.org.uk
nspcc.org.uk
childline.org.uk
bbc.co.uk