

Talking to your child about boys and girls, growing up and changing

A short list of books for parents and carers and their children



The books on this short list have been chosen because they cover a range of topics and their content is accurate and inclusive. They are also well illustrated and enjoyable for parents and children to read!

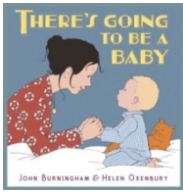

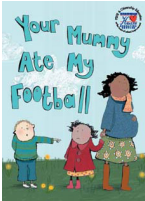
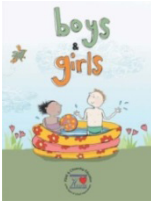
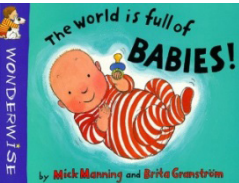
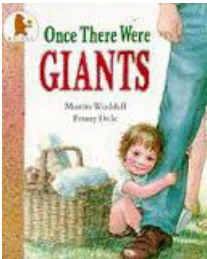
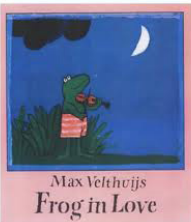
These books may help parents and carers to respond to children's questions as they arise or provide away of starting a conversation.

There is a brief description of each book, explaining why it might be useful and some suggestions of things to talk about.


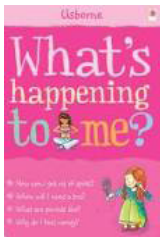

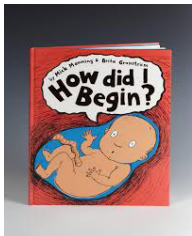
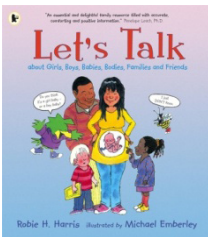
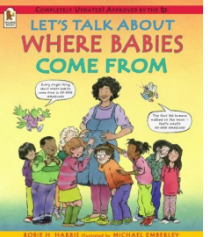
The booklist has been organised by age group as a guide for parents.

There is a vast range of books on this topic – there may be others you prefer: visit your local library to read or borrow these or others.

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Book	Titles and authors	Description	Useful because:
	There's going to be a baby John Burningham and Helen Oxenbury	Fiction / picture book 3+	A story to share with a 3-5 year old who is expecting a new sibling. Useful to think about a child's mixed feelings about how things will change and give reassurance.
	The great big book of families Mary Hoffman	Non-fiction / picture book 5+	An early introduction to different types of family. Useful to start conversations about who is in your family and what makes your family special.
	Your mummy ate my football Birmingham Health Education Unit	Fiction / picture book 3-5+	A very useful book for parents who want to explain how babies are made to young children.
	Boys and girls Birmingham Health Education Unit	Non-fiction / picture book 5+	A simple introduction to the difference between boys and girls, introducing correct vocabulary for the sex parts. It is also useful to talk about stereotypes.
	The world is full of babies Nick Manning and Brita Granstrom	Non-fiction / picture book 5+	An information book about animals and humans and how different babies develop and are cared for.
	Once there were giants Martin Waddell	Fiction / picture book 5+	A book about how people grow and how their lives change since they were young.
	Frog in Love Max Velthuijs	Fiction / picture book 5-8+	A simple introduction to the idea of romantic love. Useful to talk about romantic love and how it can make people feel.

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Book	Titles and authors	Description	Useful because:
	What's happening to me (girls) Susan Meredith	Non-fiction 8+	Factual information about puberty. Useful to find the appropriate language to respond to children's questions.
	What's happening to me (boys) Alex Frith	Non-fiction 8+	Factual information about puberty. Useful to find the appropriate language to respond to children's questions.
	The Paper Bag Princess Robert Munsch	Fiction / picture book 8+	A story that challenges male and female stereotypes and values thoughtfulness over appearance.
	How did I begin? Nick Manning and Brita Granstrom	Non-fiction / picture book 8+	Explains how babies are made, how they grow and how they are born.
	Let's talk about girls, boys, babies, bodies, families, and friends Robie H. Harris	Non-fiction 8+	A reference book. Parents may want to talk about separate sections of the book at different times.
	Let's talk about where babies come from Robie H. Harris	Non-fiction 11+	Similar to the book above but with more detail and appropriate for older children.





Health and Wellbeing Team
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