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

EYFS/KS1

- A bad case of stripes by David Shannon
- A kiss like this by L Anholt
- Ada Twist Scientist by A Beaty
- Alien Nation by M Donaldson
- Amazing you by Dr G Saltz
- And tango makes three by J Richardson and P Parnell
- Before you were born by Jennifer Davis
- Dr Dog by B Cole
- Enemy Pie by Derek Munson
- For every child by various (the rights of the child in words and pictures)
- Getting smart about your private parts by Dr Gail Saltz
- Good night stories for rebel girls by W Favilli
- Hair in funny places by B Cole
- How did I begin? by Mick Manning
- How do dinosaurs get well soon? By J Yolen
- How to be a friend by L Brown and M Brown
- If I had a 100 mummies by V Carter
- If big can…I can by B Shoshan
- Introducing Teddy by J Walton
- King & King by Linda de Haan and Stern Nijlan
- Let's talk about where babies come from by R H Harris
- Long live princess smartypants by B Cole
- Made by Raffi by C Pomranz
- Making a baby by Rachel Greener
- Monkey Puzzle by J Donaldson
- Mummy laid an egg by B Cole
- Mummy never told me by B Cole
- My Underpants Rule by Rod Power and Kate Power
- My body! What I say goes! By Jayneen Sanders
- My family, your family by Laura Henry- Allain
- No means no! by J Sanders
- Rosie Revere Engineer by A Beaty
- So much by T Cooke
- Some secrets should never be kept by J Sanders
- Teach your dragon good hygiene by Steve Herman
- The Nanny Goat's Kid by J Willis
- The Paper Bag Princess by R Munsch
- The great big body book by Mary Hoffman
- The great big book of families by Mary Hoffman
- The growing story by R Krauss
- The huge bag of worries by V Ironside
- The princess knight by C Funke
- 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
- What makes a baby by C Silverberg

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- When I grow up by Tim Minchin
- Where did that baby come from by D Gliori
- Where willy went by N Allan
- Who has what? by Robbie H Harris
- Your mummy ate my football by Lynwen Jones

KS2+

- A boys guide to growing up by Anita Ganeri
- A-Z of Growing up, puberty and sex by L De Meza
- Giraffes can't dance by G Andrae
- Girls Only by V Parker
- "Grown" The Black Girls Guide to Glowing Up by Melissa Cummings-Quarry & Natalie A Carter
- Help your kids with growing up by Robert Winston (suitable for mature Y6s)
- How to grow up and feel amazing by Dr Ranj Singh
- How to love: A guide to feelings and relationships for everyone by Alex Morris (suitable for mature Y6s)
- How your body works by Judy Hindley
- Kit Kitten and the topsy-turvy feelings by J Evans
- Let's talk about sex by R H Harris
- Living with a willy by N Fisher
- Odd dog out by R Biddulph
- On your marks, get set, grow! by Lynda Madaras
- Puberty in numbers: everything you need to know about growing up by Liz Flavell
- Red -A crayon's story by M Hall
- Respect: Consent, Boundaries and Being in Charge of YOU by Rachel Brian
- Sex is a funny word by C Silverberg and F Smyth
- The Autism-Friendly Guide to Periods by Robyn Steward
- The Boys' Guide to Growing Up: Choices and Changes During Puberty by Terri Couwenhoven
- The Girls' Guide to Growing Up: Choices and Changes in the Tween years by Terri Couwenhoven
- The Growing Up Guide for Girls – What Girls on the Autism Spectrum Need to
- Know! by Davida Hartman
- The book about periods for all young people by Olivia Brinkley-Green
- The girl's body book by Kelli Dunham
- The period book by K Gravelle
- The puberty book by W Darvill
- Transition From Primary to Secondary School: Key things Parents need to
- discuss with their children by Trisha M Samuel
- Welcome to your period by Yumi Stynes and Dr Melissa Kang
- What's Happening to Tom? A book about puberty for boys and young men
- with autism and related conditions by Kate E. Reynolds and Jonathon Powell
- What's Happening to Ellie? A book about puberty for girls and young women with autism and related conditions by Kate E. Reynolds and Jonathon Powell
- What's happening to me? by P Mayle

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

Books for Parents

- Brilliant questions about growing up by Amy Forbes-Robertson and Alex Fryer
- Can I have babies too? Sexuality and Relationships Education for Children from Infancy up to Age 11 by Sanderijn van der Doef, Clare Bennett, and Arris Lueks
- Questions children ask and how to answer them by Dr M Stoppard
- Sex Ed for Grown-Ups by Jonny Hunt
- Speakeasy: talking with your children about growing up by fpa (Family Planning Association)
- sex ed: how to talk to your kids about sex by Dr Laura Berman