

RSE GROWING UP

Here is a selection of suggested books to help support your child with relationships and sex education. It is often easier to look at a book together when discussing sensitive subjects and helps to 'open the lines of communication' early and aids us to feel comfortable when answering their questions, helping them to form values and attitudes that help keep them safe and happy.

'What's my Family Tree?' by Mick Manning and Brita Granstrom

This is a lively introduction to family relationships, from Mum and Dad to cousins and great-great grannies, helping children understand where they fit in to their family tree. The book does not just explain straightforward connections like uncle or sister, but also sensitively introduces the idea of step-families, half-brothers and even adoption. The book celebrates the family in all its forms, encouraging not only a respect for your relatives but also other families around you, recognizing that no one family is the same.

'Counting Kisses' by Karen Katz

A best-selling book, introduces preschoolers to counting as all the loving phrases shared between a mother and her child are tallied as the day progresses.

'True Love' by Babette Cole

Truelove loves his family more than anything, but when a new baby arrives he feels left out. He loses his spot on the bed, gets in trouble for trying to share his mouse with the baby, and even gets sent outside to sleep in the doghouse. With nowhere left to turn, Truelove runs away. When Truelove's family discovers he is missing, they understand what real love is all about.

'Mummy Laid an Egg' by Babette Cole

Mum and Dad decide it's time to tell the kids about the facts of life. But do they dare? And do the really know everything about the birds and the bees?

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Usborne Fact of Life, Growing up (All about Adolescence, body changes and sex) by Susan Meredith

This text describes exactly what takes place in the body at the time of puberty. It contains sections on sex and contraception, food, exercise, hygiene and drugs and other problems both physical and emotional.

I Said No! by Kimberly King

Helping kids set healthy boundaries for their private parts can be a daunting and awkward task for parents, counselors and educators. Written from a kid's point of view, I Said No! makes this task a lot easier.

[Guy stuff: the body book for boys by Cara Natterson](#)

Your body is about to start growing and changing big-time - or maybe this has already begun. You probably feel excited that you're growing up, but all these changes can feel awkward and uncomfortable.

[Flour babies by Anne Fine](#)

When the annual school science fair comes round, Mr Cartwright's class don't get to work on the Soap Factory, the Maggot Farm or the Exploding Custard Tins. To their intense disgust they get the Flour Babies - sweet little six-pound bags of flour that must be cared for at all times.

[Let's talk about where babies come from by Robie Harris](#)

This title for children covers all the main areas - babies, reproduction, bodies, genes, growing up, love, and health. The information is imparted with humorous commentary from an inquisitive bird and a squeamish bee together with cartoon-strip illustrations.

[The boys guide to growing up by Phil Wilkinson](#)

A friendly, reassuring positive guide for boys as they approach puberty, explaining the changes that will happen to their bodies as they grow up and how these changes might make them feel. Covering everything from body hair and vocal changes to mood swings and self-esteem, puberty and addresses any worries that boys might have relating to what is 'normal'. He reassures readers and boosts their confidence, encouraging them to feel positive about the changes they will experience as they go through puberty. The book also includes information on how puberty affects girls.

[I don't want to wash my hands by Tony Ross](#)

The Little Princess loves getting her hands dirty. The trouble is . . . she hates washing them. Until she learns all about the nasties and the dirties and all the other horrible things that lurk and make you ill . . .

[There's a house inside my mummy by Giles Andreae](#)

Waiting for a new brother or sister to arrive can be a confusing and worrying time for young children. Sharing this simple rhyming story together is the perfect way to reassure your little one and involve them in all the excitement.

[Growing up for boys by Alex Frith](#)

Covers all the topics that boys want to find out about, including moods and feelings, what happens to girls, diet, exercise, body image, sex and relationships, contraception, sexual health, self-confidence, drink and drugs, exam stress, cyberbullying, and staying safe both out and about and online.