**Books for children**

**ALLEN, N. Where Willy Went** ISBN 0091892953

A story relating a sperm’s journey to meet and egg.

‘I would feel very comfortable using this book. A gentle way to explain ‘conception’.’

‘I need a copy of this. It would be very useful, particularly with Y5/6.’

‘I would feel happy using this as it would definitely alleviate pupil (and teacher) anxiety and allow me to elicit prior knowledge.’

# ANHOLT, C., and L. The Big Book of Families ISBN 0744549590

‘Here are families at home and on holiday; fighting families and happy families; big families and small families. There are sections on brothers and sisters, mums and dads, grannies and granddads and more.’

**CAVE, K. and RIDDELL, C. (1995) Something Else.** ISBN 0140549072

Something Else tries to be like all the others, but everything he does shows how different he is. Then Something turns up and wants to be friends. But Something Else isn't sure he's at all like him. A book which could be used in personal and social relationships education in primary schools to look at difference and friendships.

**COLE, B. (2001) Hair in funny places.** ISBN 0099266261

Children aged between 9 and 13 years are likely to be fascinated by the humour in both the illustrations and text of this book. The picture book format, which is more typical of a reading book for younger children, is cleverly used to provide factual information about the changes that take place at puberty. Babette Cole uses a wise teddy bear called Ted to provide the information to a girl who wants to know when she will be grown up. Ted's reply - 'that depends on Mr and Mrs Hormone', triggers the discussion that follows on female and male body development and many of the emotional changes that take place.

# COLE, B. (2000) Mummy laid an egg! ISBN 0099299119

Mum and Dad decide it's time they told the children about the facts of life. Mum says that babies are made out of gingerbread, grown from seeds in the greenhouse, or squidged out of tubes. Dad says that Mummy laid an egg with the two children inside. So it's up to the children to put them right on a few things... with humorous drawings the parents are 'educated'! Particularly good for engaging with boys.

**COLE, B. Mummy Never Told Me** ISBN 0224047361

A sideways look at the questions children want answers to. This is a really entertaining book. It throws up some questions that children might need to know the answers to. It may help in a class question and answer session.

# FINE, A. Flour Babies ISBN 0140361472

The Blurb says ‘When the annual school science fair comes round, Mr Cartwright's class don't get the soap factory, or the maggot farm, or the exploding custard tins. They get the flour babies - sweet little bags of flour that must be treated gently.’ A fantastic book for considering the needs of babies and the hard work involved!

**IRONSIDE, V. (1998) The huge bag of worries** ISBN 0340903171

This story book for younger children tells of a little girl who wakes up one day to discover that her little worries have turned into a huge bag of worries which follows her around wherever she goes, day and night. Jenny feels she can't tell anyone about them. This book provides an excellent and safe way for teachers to reassure children that we all have worries but that it is better to talk to someone about them. It could be used within PSE at primary school to identify people that children can go to with their worries and to develop skills around asking for help.

**HARRIS, R.H. Let's Talk About Sex** ISBN 0744532523

Covers a wide range of topics relating to sex and relationships in an accessible format. (KS2/3)

**HARRIS, R.H. Let's Talk About Where Babies Come From** ISBN 0744540844

Covers a wide range of topics relating to sex and relationships in an accessible format. (KS2)

**MANNING, M., and GRANSTROM, B. (2004) How did I begin?**

ISBN 074963409X

A warm, friendly introduction to the facts of life for young children that follows the story of a new life from the moment of conception to the birth of a baby. Children are gently guided through each stage with charming illustrations and simple explanations, inviting lots of discussion. A good book for use within sex and relationships education with Key Stage 2 children. Provides accurate information in an accessible way. A word of warning - you may need to explain that mums aren't 'put to sleep' for a caesarean in the way that pets are put to sleep!

**MANNING, M and GRANSTROM, B. (2004) The world is full of babies!**

ISBN 0749627522

Storybook for children of two to seven years old aims to help children understand that they are part of the animal kingdom, and as such follow a pattern of development which can be compared to that of other species. The book has amusing and delightful colour illustrations, with sentences to describe them on every page. The story starts in the womb, comparisons are made with different gestation times as well as where different babies are born. Each page starts 'All over the earth....' and charts different stages of growth and needs for different types of babies. A very useful book for teachers (including nursery teachers) to have in their class libraries for general reading and story time.

**Information booklets for pupils**

**fpa (2003) 4You: growing up – what’s it all about?**

Aimed at 9-11 year olds and intended for use in primary schools and by parents. Provides information on the facts and feelings of sexual development, so that children can be prepared for the changes of puberty before they happen. [www.fpa.org.uk](http://www.fpa.org.uk)

**fpa (2004) Periods what you need to know**

This colourful booklet for girls aged 9 to 12 prepares them for menstruation by explaining why girls and women have periods, what happens, and how to deal with them. Uses straightforward text and simple images to answer the most common questions girls have about periods. Meets curriculum guidance for key stage 2. [www.fpa.org.uk](http://www.fpa.org.uk)

## Information booklets for parents

**Fpa (2006) Talking to your child about sex and relationships**

The perfect book for parents who find talking to children about sex, relationships and growing up difficult. Talking to Your Child About Sex and Relationships offers tips on how parents can start talking about sex and also contains a list of helpful books and websites. [www.fpa.org.uk](http://www.fpa.org.uk)