



Books for Parents and Children to Read Together and Discuss

First Comes Love: All About the Birds and the Bees—and Alligators, Possums, and People, Too

by J. Davis & C. Mackie, Workman Publishing Co, Inc., 2001

ISBN: 978-0761122449

All ages

This book is about reproduction among animals and humans. The lighthearted, rhyming verse and charming illustrations make the topic interesting and entertaining for both children and adults. It provides a read-aloud opportunity for families to share and could be used to initiate family discussions about sexuality, pregnancy, families, and love.

You Were Born on Your Very First Birthday

by Linda Walvoord Girard, Albert Whitman & Co, 1983

ISBN-13: 978-0807594551

Ages 3 to 8

This is a very gentle story for children about the events leading up to their birth. Everyone, from preschoolers to grandparents, can enjoy reading it together to create teachable moments.

What's the Big Secret?: Talking about Sex with Girls and Boys

by Laurie Krasny Brown, Little, Brown Books for Young Readers, 2000

ISBN-13: 978-0316101837

Ages 5 to 8

The author answers typical questions in an honest manner. The illustrations are colorful, cartoonlike, and visually appealing; at the same time, they accurately depict external and internal human anatomy. Some of the content may be too sophisticated for younger children, and yet not detailed enough for older children. Adults will want to read this book with their children and be ready to answer the many additional questions it prompts.

It's So Amazing

by Robie Harris, Candlewick Press, 2014

ISBN: 978-0763668747

Ages 7 to 10

This edition includes up-to-date information and answers to questions today's kids ask or wonder about, such as how babies are made, how our bodies work, internet safety, and how families are the same and different.

On Your Mark, Get Set, Grow!: A What's Happening to My Body? Book for Younger Boys

by Lynda Madaras, William Morrow Paperbacks, 2009

ISBN: 978-1557047809

Ages 8 to 10

Responding to real-life questions and concerns from younger boys about their changing bodies, the author covers a wide range of topics at a reading and understanding level that's just right for them: the growth of sex organs, body hair, and facial hair; weight and height spurts; the unwelcome appearance of acne and body odor; shaving; circumcision; erections and ejaculation; feelings about puberty; and bullying.

Ready, Set, Grow!: A What's Happening to My Body? Book for Younger Girls

by Lynda Madaras, William Morrow Paperbacks, 2003

ISBN: 978-1557045652

Ages 8 to 11

This book is specifically for younger girls to give them what they need to know to celebrate and accept the new and exciting changes that are happening to their bodies during puberty. In a consistently sensitive and encouraging tone, preadolescents are reassured that the changes they know are approaching or they are beginning to experience are normal, natural, and cause for celebration. Humorous sketches illustrate the emotions and stages of puberty, and keep the tone light. Individual chapters devoted to breast development, body hair, height and weight spurts, body odor and pimples, genitalia, internal reproductive organs, and menstruation gently but thoroughly provide facts and advice on recognizing and welcoming growth and development. The author weaves in a little humor and acknowledges the conflicting emotions that accompany puberty.

What's Happening to My Body, A Growing Up Guide for Parents and Sons

by Lynda Madaras, William Morrow Paperbacks, 2010

ISBN: 978-1557044433

Ages 9 and up

This classic guide is written in a down-to-earth, nonjudgmental style and filled with answers to the many questions boys have as their bodies begin the transformation into adulthood. As a result of thousands of reader letters over the years, as well as the ever growing body of information about puberty in boys, the third edition has been revised to include more detailed discussion of penis size (the authors get more questions about penis size than all other topics combined), updated information on acne treatment, expanded sections on eating right, exercise, steroid abuse, and weight training, and important facts about STDs, AIDS, and birth control. Filled with anecdotes, illustrations, and diagrams, the guide is designed with the understanding that some boys and parents will want to read it together, while others will want to pore over it on their own.

It's Perfectly Normal

by Robie Harris, Candlewick Press, 2014

ISBN: 978-0763668723

Ages 10 and up

This edition includes up-to-date information and answers to questions today's kids ask or wonder about, including how to stay safe and healthy on the internet, how to make responsible decisions regarding sexual health, changes in puberty, disease prevention, sexual orientation, and information on contraception.