

Headteacher: Mrs Helen Lammin (BSc Hons QTS)

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12<sup>th</sup> May 2025

Dear Parents/Carers,

In line with our 'Changing Me' PSHE module starting week commencing 2<sup>nd</sup> June 2025, we have put together a selection of books that are recommended for Parents/Carers on reproduction, sex and puberty, for use with children.


The first section is recommended for younger children and the second section is recommended for older children (upper Key Stage 2). These may be useful in supporting any discussions you might have at home.

Please note, there is no expectation to purchase these books. We are simply sharing this selection with you as recommended and relevant literature.

Yours sincerely

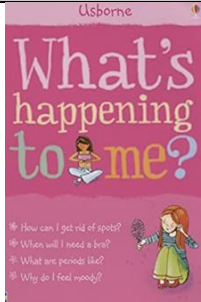

*Carla Burrows*

Miss Carla Burrows  
PSHE Lead

| Younger children  |                                       |            |   |
|---|---------------------------------------|------------|---|
| Title   | Author                                | ISBN       | Description   |
| <p>I know a secret</p>               | Annie Kubler                          | 0859533158 | Reflects the way in which children learn where babies come from, and answers the questions they ask. A separate booklet, included in the book, presents the facts scientifically and can be used at parent's discretion |
| <p>Baby's first year</p>             | Debbie MacKinnon and Anthea Sieveking | 0711221286 | Includes photographs of a baby, what he can do and what he needs at different ages in his first year.   |
| <p>The world is full of babies</p>  | Mick Manning Brite Granstrom          | 0749656891 | This book looks at what babies do and need, and compares these needs with the needs of animal babies.   |
| <p>How did I begin?</p>            | Mick Manning Brite Granstrom          | 0749656614 | A look at how babies are made, including a simple look at sexual intercourse.   |
| <p>Where Willy Went</p>            | Nicholas Allan                        | 0099456486 | Does not cover sexual intercourse explicitly (just shows the mother's and father's genitalia as a simple map!) but looks at the sperm that 'race' to meet an egg and a simple look at pregnancy.                        |
|   |                                       |            |   |

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|---|-----------------------|---------------------|--|
| <p>Made with love</p>                | <p>Kate Petty</p>     | <p>0333741862</p>   | <p>A look at how babies are made, including a 'gentle' look at sexual intercourse.</p>   |
| <p>Mummy laid an egg</p>             | <p>Babette Cole</p>   | <p>0099299119</p>   | <p>An entertaining, simple look at how babies are made, using simplified cartoon pictures</p>  |
| <p>Hair in funny places</p>         | <p>Babette Cole</p>   | <p>0099266261</p>   | <p>An entertaining, simple look at the changes that happen during puberty.</p>   |
| <p>Where do babies come from?</p>  | <p>Susan Meredith</p> | <p>0 7460 42450</p> | <p>Small but detailed pocket book that covers pregnancy, conception, sexual intercourse (briefly), birth and a fair amount about babies.</p> |

## Older children

| Title   | Author         | ISBN          | Description  |
|---|----------------|---------------|--|
|  | Susan Meredith | 9780746069950 | This sensitive, informative guide to puberty for girls tackles everything from body image to mood swings, hormones and first bras. Bright, cartoon-style illustrations and scientific diagrams explain the physical and emotional changes of growing up in a simple and reassuring way, while the contents and index pages make key topics easy to find. |
|  | Susan Meredith | 9780746076637 | This volume is a detailed and sensitive guide to male puberty. It tackles key subjects from the physical changes that occur at this time to the emotional upheaval this can cause.   |