

## RSE: Parent resources to support your child at home.

### Parent resource book list:

- There's going to be a baby, John Birmingham and Helen Oxenbury
- The great big book of families, Mary Hoffman
- Your mummy ate my football, Birmingham Health Education Unit
- Boys and girls, Birmingham Health Education Unit
- The world is full of babies, Mick Branning and Brita Granstrom
- Once there were giants, Martin Waddell
- Frog in love, Max Velthuijs
- What's happening to me (girls), Susan Meredith
- What's happening to me (boys), Alex Frith
- Let's talk about girls, boys, babies, bodies, families and friends, Robie H. Haris
- Love you forever, Robert Munsch
- Tell me again about the day I was born, Jamie Lee Curtis
- How did I begin? Nick Manning and Brita Granstrom
- Let's talk about where babies come from, Robie H. Harris

### Advice Websites:

<https://childrenshealthissurrey.nhs.uk/services/advice-talking-your-children-years-5-6-about-puberty>

<https://www.nhs.uk/live-well/sexual-health/girls-and-puberty-faqs/>

<https://www.nhs.uk/live-well/sexual-health/boys-and-puberty-faqs/>

<https://www.todayparent.com/family/parenting/age-by-age-guide-to-talking-to-kids-about-sex/>

<https://www.aboutkidshealth.ca/Article?contentid=717&language=English>

<https://www.fpa.org.uk/relationships-and-sex-education/parents-and-carers>