



How to use this list

Parents often find it easier to navigate conversations about sexuality when they don't have to come up with the words, definitions, or explanations on their own. Books can be a great tool for introducing new sexuality topics to kids.

Instead of giving your child a book to read on their own, read the book with your child and be there to process what you read together. Some of the things you can ask include:

- What do you think about what we read?
- What questions do you have about what we read?
- Emphasize your values as you read, for example, "It's never okay to touch someone without their permission" or "It's okay to feel angry, what matters are the choices you make when you feel that way."

As a reminder, always read the books first and determine if they're a fit for your family. Talk More will continue to update this list with new recommendations.

0-2 years

These are My Eyes, This Is My Nose, This is My Vulva, These are My Toes

Dr. Lexx Brown James

My Nose, Your Nose

Melanie Walsh

C is for Consent

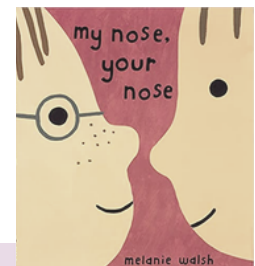
Eleanor Morrison

Love Makes a Family

Sophie Beer

The Feelings Book

Todd Parr



The Color Monster

Anna Llenas

It's Not the Stork!

Robie H. Harris

What Makes a Baby

Cory Silverberg

Love, Z

Jessie Zima

Fred Gets Dressed

Peter Brown

And Tango Makes Three

Justin Richardson and Peter Parnell



3-5 years

The Bare Naked Book

Kathy Stinson

Bodies are Cool

Tyler Feder

Don't Hug Doug

Carrie Finison

Can I Give You a Squish?

Emily Neilson

6-9 years

Celebrate Your Body and It's Changes, Too: The Ultimate Puberty Book for Girls

Sonia Renee Taylor

Growing Up Great: The Ultimate Puberty Book for Boys

Scott Todnem

The Every Body Book: The LGBTQ+ Inclusive Guide for Kids about Sex, Gender, Bodies, and Families

Rachel Simon

The Sandwich Swap

Queen Rania of Jordan Al Abdullah



A Kids Book About Emotions

Nakita Simpson

Ruby Finds a Worry

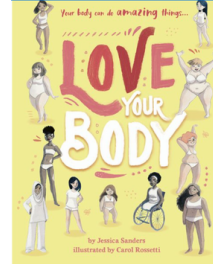
Tom Percival

It Feels Good to Be Yourself

Theresa Thorn

Love Your Body

Jessica Sanders



10-12 years

Sex is a Funny Word

Cory Silverberg

The League of Super Feminists

Mirion Malle

Celebrate Your Body and Its Changes, Too

Sonya Renee Taylor

Growing Up Great

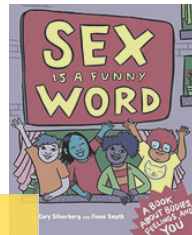
Scott Todnem

Puberty is Gross But Also Really Awesome

Gina Loveless

Wait, What?

Heather Corinna and Isabella Rotman



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