Books for Parents & Kids:

Many of these books include specific information about sex and sexuality in addition to puberty. Please screen any books before giving them to your child to make sure you are comfortable with the material.

For/About Girls:
- Ready, Set, Grow: What’s Happening to My Body? by Lynda Madaras (ages 8+)
- What’s Happening to My Body?: Book for Girls by Lynda Madaras (ages 11+)
- My Body, My Self for Girls: by Lynda Madaras (ages 9-12)
- The Care and Keeping of You 2: The Body Book for Older Girls by Cara Familian Natterson (ages 10+)
- The Period Book: Everything You Don’t’ Want To Ask But Need to Know by Karen Gravelle (ages 10+)

For/About Boys:
- On Your Mark, Get Set, Grow!: A “What’s Happening to My Body?” Book for Younger Boys by Lynda Madaras (ages 8+)
- What’s Happening to My Body?: Book for Boys by Lynda Madaras (ages 11+)
- My Body, My Self for Boys by Lynda Madaras (ages 9-12)
- What’s Happening to Me? by Alex Frith (ages 11+)

For/About Boys & Girls:
- It’s So Amazing! A Book about Eggs, Sperm, Birth, Babies, and Families by Robie H. Harris (ages 8-10)
- Amazing You by Dr. Gail Saltz (ages 3-7)
- It’s Not The Stork by Robie H. Harris (ages 4-8)
- It’s Perfectly Normal: Changing Bodies, Growing Up, Sex and Sexual Health by Robie H. Harris (ages 11+)

About Gender Identity:
- Jacob’s New Dress by Sarah Hoffman (ages 4-8)
- Red: A Crayon’s Story by Michael Hall (ages 4-8)
- I am Jazz by Jazz Jennings (ages 4-8)

Visit user-friendly and informative websites for parents and kids:
- www.kidshealth.org: Health, puberty and sexual health information for kids, teens, parents and educators
- www.plannedparenthood.org: Health, puberty, LGBTQ and sexual health info. for parents
- www.advocatesforyouth.org: Health, LGBTQ and sexual health information for parents