

OUR WHOLE LIVES K-1 BOOKS AND MEDIA RECOMMENDATIONS

Our Whole Lives advises parents/caregivers to review books and videos before sharing them with children to ensure each is the right match for a given child and family.

BODIES

All About Penises by Dorian Solot and Marshall Miller is an inclusive, age-appropriate book about bodies that have penises.

All About Vulvas and Vaginas by Dorian Solot and Marshall Miller is an inclusive, age-appropriate book about bodies that have vulvas and vaginas.

Human Body Theater: A Non-Fiction Revue by Maris Wicks is a fun, graphic novel-style science book.

Journey Around and Inside Your Amazing Body by Anna Claybourne. Big, colorful, racially diverse book has fun illustrations and lots of activities.

The Magic School Bus Inside the Human Body by Joanna Cole. This series (both books and videos) are beloved for making science topics kid-friendly.

My First Book of My Body by Susan Akass includes projects and experiments for active learning.

Professor Astro Cat's Human Body Odyssey by Dominic Walliman has bold illustrations and allows kids to see the big picture or dive into the details.

See Inside Your Body by Katie Daynes and Colin King is a lift-the-flap book targeted for older children, but younger kids can still learn from illustrations.

Help Kids Learn How Bodies Are Mostly Alike – *Amaze Parents*. A short, animated video about genitals and their parts that uses language like “most girls have” and “most boys have.”

<https://www.youtube.com/watch?v=vI86yCvUrAE>

SKIN COLOR & HAIR DIVERSITY

Shades of People by Shelley Rotner and Sheila Kelly. A simple photo book about the many shades of skin colors.

Skin Like Mine by LaTashia Perry. A short book about the beauty of many shades of brown skin.

We're Different, We're the Same by Bobbi Jane Kates. A Sesame Street book about how people's skin, hair, and body parts can look different but have the same functions.

Hair Love by Matthew Cherry. An African American girl appreciates her own hair, and her dad learns to style it.

BODY POSITIVITY

Her Body Can by Katie Crenshaw and Ady Meschke is a body-positive book for girls that celebrates bodies regardless of size.

Love Your Body by Jessica Sanders

A book for girls with the important message, "Every body is different, and EVERY body is a good body."

Your Body Is Awesome: Body Respect for Children by Sigrún Bjarkkadóttir. Full of positive messages about body image, listening to your body, and celebrating all that bodies can do.

You Are Beautiful! Body Positivity - *Queer Kid Stuff*:

www.youtube.com/watch?v=T5yFLdu3q0Q

ABILITY

Just Ask! Be Different, Be Brave, Be You by Sonia Sotomayor. Introduces kids with diabetes, asthma, dyslexia, autism, a nut allergy, a guide dog, a wheelchair, and more.

What's a Disability? – *Queer Kid Stuff*: <https://www.youtube.com/watch?v=mJlCCM0Uvg>

There are many children's books about specific disabilities: children who use wheelchairs or braces, children who are blind or deaf, children with autism, children with limb differences.

GENDER

Jamie Is Jamie: A Book About Being Yourself and Playing Your Way by Afsaneh Moradian Jamie (whose gender is never identified) enjoys playing with “girl toys” and “boy toys.” After the child goes home, the other kids argue briefly about whether Jamie is a boy or a girl—and ultimately conclude they can’t wait to play with Jamie again.

No Difference Between Us by Jayneen Sanders

A sister and brother compare the non-gendered ways they are similar and different, celebrating both what they share and what makes them each unique.

Pink Is For Boys by Robb Pearlman

Short, readable book making the point on every page that all colors, and all activities, are for both boys and girls. The text represents only boys and girls, no more inclusive gender options. Parents/caregivers reading it aloud may choose to add “and everyone!” to each page.

(Video) Amaze Jr: Help Kids Learn About Gender

www.youtube.com/watch?v=St6t1WvbysU

A boy and girl say they were for using gender non-conforming clothes/toys in this short, cartoon-style video. Mom teaches about stereotypes and encourages the kids to be their true selves.

(Video) Queer Kid Stuff: Gender

www.youtube.com/watch?v=worIRz2lQLA

Friendly host Lindsay and their best stuffed friend Teddy explain queer topics discusses gender with their teddy bear in a way that’s understandable by young children.

(poster) Everyone Can Like

<http://elisegravel.com/en/blog/everybody-can-like/>

Free printable poster with cute illustrations of the wide range of activities that kids of any gender can enjoy, from dinosaurs to unicorns to science. Lots of other great resources for kids on this site.

GENDER IDENTITY

Annie’s Plaid Shirt by Stacy Davids

A girl’s mom wants her to wear a dress to attend a family wedding, but the girl hates dresses and wants to wear the plaid shirt she wears every day. The problem is solved on the last page when the girl wears her plaid shirt with a suit borrowed from her brother.

A House for Everyone by Jo Hirst

Each page of this story celebrates a child who is “gender diverse” in their own way and contributes their own strengths to building a playhouse together.

Introducing Teddy: A Gentle Story About Gender and Friendship by Jessica Walton

A boy’s teddy bear announce he is really a “girl teddy, not a boy teddy.” Although the bear worries the boy won’t be her friend anymore, the boy is immediately accepting.

It Feels Good To Be Yourself: A Book About Gender Identity

Explains the diverse gender identities of an appealing, multiracial group of kids and affirms children’s choices to be themselves.

Jack (Not Jackie) by Erica Silverman

An older sister is at first sad when her younger sibling who was assigned female at birth identifies as a boy. Parents support the child’s transition and eventually the older sister realizes she loves her brother.

Julián Is a Mermaid by Jessica Love

A boy who loves imagining and dressing up as a mermaid has a grandmother who helps him celebrate who he is. This short book contains no meanness, negativity, or bullying. Many pages have only pictures, no words.

One of a Kind, Like Me / Único Como Yo by Laurin Mayeno

Bilingual book (each set of pages has English on one side, Spanish on the other). With the help of his mom, a boy creates and wears a princess costume to the school parade. Peer negativity is mild and turned around quickly.

Phoenix Goes to School by Michelle & Phoenix Finch

True story of a child who was assigned male at birth “but I know I am really a girl.” Before starting school, she worries about being bullied, but the teacher and other children are supportive.

Red: A Crayon's Story by Michael Hall

A blue crayon has a red paper wrapper and is marked "Red." He is judged a failure in his attempts to color red but succeeds once he embraces his true (blue) self.

Sparkle Boy by Lesléa Newman

Parents are supportive of their son, who likes to wear skirts and sparkly nail polish. When other children are mean to him at the library, his sister stands up for him.

When Aidan Became a Brother by Kyle Lukoff

A child assigned female at birth transitions to identifying as a boy, with loving support from his parents. He worries about how to support the unknown identity of the new baby on the way.

(Videos) Queer Kid Stuff

<https://www.youtube.com/channel/UCecsVoeJcsXbAra7Sl4mOPw/videos>

Lots of short videos about gender identity, transgender, and non-binary topics. Gender Studies 101 meets Mr. Roger's Neighborhood.

MASTURBATION/PRIVACY

(Video) Amaze Jr: Help Kids Learn Why It's Important To Keep Private Parts Private

<https://www.youtube.com/watch?v=pyjyYHaTqDQ>

A cartoon grandmother explains to her grandchildren about genitals, masturbation, and privacy.

BODY BOUNDARIES

An Exceptional Children's Guide to Touch: Teaching Social and Physical Boundaries to Kids by Hunter Manasco

While this book's primary audience is children with special needs, it could be useful and appropriate for any child. With simple illustrations and just a sentence or two on each page, it explains societal rules about accidental touch, friendly touch, hurtful touch, touching oneself, and more.

Let's Talk About Body Boundaries, Consent & Respect by Jayneen Sanders

A child-friendly introduction to the topics in the title. Best suited for children with attention spans for slightly longer books.

No Means No! by Jayneen Sanders

Simple book shows a girl choosing to say "no" to touch in a variety of situations (an aunt who wants to kiss her, a friend who wants to hold her hand, etc.). The book models the other person respecting her choices and finding simple alternatives.

Tell Me About Sex, Grandma by Anastasia Higginbotham

An endearing and believable question-and-answer-based conversation between grandmother and grandchild touches on sex and masturbation but is, at heart, a message about consent.

FAMILY DIVERSITY

Each of the books below show many kinds of families.

A Family Is a Family Is a Family by Sara O'Leary

My Family, Your Family by Lisa Bullard

The Great Big Book of Families by Mary Hoffman

Who's in My Family? All About Our Families by Robie Harris

Family (Love Is Love) song - Teeny Tiny Stevies: www.youtube.com/watch?v=F-bEGnbeHUQ

LGBTQ FAMILIES

And Tango Makes Three by Justin Richardson & Peter Parnell. True story of two male penguins who parent together.

Heather Has Two Mommies by Lesléa Newman. Classic book has been re-released with updates and a new look.

Stella Brings the Family by Miriam Schiffer. A girl with two dads worries about who to bring to her class's Mother's Day celebration – and decides to bring her entire extended family.

ADOPTION

All About Adoption: How Families Are Made and How Kids Feel About It by Marc Nemiroff and Jane Annunziata. Non-fiction book relevant to most types of adoption.

Happy Adoption Day by John McCutcheon: Focus of illustrations is international infant adoption from East Asia.

My New Mom and Me by Renata Galindo. Adoption of a child old enough to be aware of it.

Wonderful You: An Adoption Story. A birth mother chooses adoptive parents (mom and dad) for her infant.

SINGLE PARENT FAMILIES

Love Is a Family by Roma Downey. About a single mom.

Two Is Enough by Janna Matthies. Shows many kinds of single-parent families.

CHILDREN WHOSE PARENTS ARE DIVORCED OR SEPARATED

All the books in this section refer to the separation or divorce of a mom and a dad.

Living with Mom and Living with Dad by Melanie Wals

Standing on My Own Two Feet: A Child's Affirmation of Love in the Midst of Divorce by Tamara Schmitz

Two Homes by Claire Masurel

CHILDREN IN FOSTER FAMILIES

Kids Need To Be Safe by Julie Nelson

Maybe Days: A Book for Children in Foster Care by Jennifer Wilgocki and Marcia Kahn Wright

Speranza's Sweater by Marcy Pusey. A girl is adopted by her foster family.

OTHER KINDS OF FAMILIES AND SITUATIONS

Families Change: A Book for Children Experiencing Termination of Parental Rights by Julie Nelson

Sometimes It's Grandmas and Grandpas Not Mommies and Daddies by Gayle Bryne

Sun Kisses, Moon Hugs by Susan Schaefer Bernardo. Loving ways children can stay connected to those they love when they are apart from each other.

HOW BABIES BEGIN

A Child Is Born, by Lennart Nilsson

Nilsson's incredible photos of fetuses in utero are classics. While this book is not intended for children, the photos can be fascinating to study together.

It's Not the Stork: A Book About Girls, Boys, Babies, Bodies, Families, and Friends, by Robie Harris

This fairly long but kid-friendly book (can be read just a few pages at a time) explains pregnancy, sexual intercourse, alternative insemination, multiples, adoption, homebirth and hospital birth, same-sex parents. Does not include transgender identities.

You Began as a Wish by Kim Bergman

Extremely inclusive book about all babies need a sperm, egg, womb, and family, affirms various ways these may fit together. Intercourse and genitals are not taught. Illustrations show two-mom, two-dad, mom-dad, and single parent families.

What Makes a Baby by Cory Silverberg

A super-inclusive, colorful book about how babies are made, which opens the door for more detailed conversations where parents/caregivers can share how the details fit together for their family. Designed to be relevant for *all* types of families.

What's in There? All About Before You Were Born, by Robie Harris

A good introduction to the subject of conception. Represents only heterosexual and cisgender identities, and hospital birth. Explains sperm and egg but not sexual intercourse.

(Video) Amaze Jr: Help Kids Learn How Babies Are Made

www.youtube.com/watch?v=4uLqoSh55M8

Short cartoon video shows a mom explaining conception to some kids and animal friends. Teaches sperm, egg, and sexual intercourse

SPERM DONATION

For Mommy So Loved You by Leigh James. Single mom uses a sperm bank.

It Takes Love (and Some Other Stuff) To Make a Baby by L.L. Bird. Two mom family, explains known donors and sperm banks.

Your Family: A Donor Kid's Story by Wendy Kramer. Focus is on donor siblings.

Zak's Safari: A Story About Donor-Conceived Kids of Two-Mom Families by Christy Tyner. Two moms use a sperm bank.

EGG DONATION

Happy Together: An Egg Donation Story by Julie Marie. Simple, short story with mommy and daddy bears.

Phoebe's Family: A Story About Egg Donation by Linda Stamm. Longer story with an anonymous donor.

EMBRO DONATION

Training Wheels: How Did I Get Here? by Chris Barrett and Sally Hunter

SURROGACY

The Kangaroo Pouch: A Story About Surrogacy for Young Children by Sarah Phillips Pellet. Told from the perspective of a kangaroo child whose mother is a gestational surrogate.

The Very Kind Koala: A Surrogacy Story for Children by Kimberly Kluger-Bell. Koala surrogate grows a baby koala in her pouch.

Xander's Story by Alejandro and Christopher Garcia-Halenar. Two dads work with an egg donor and a gestational surrogate.

PREGNANCY

The Pregnant Body Book: The Complete Illustrated Guide from Conception to Birth by DK Publishing
The Pregnant Body Book uses a combination of ultra-realistic 3D illustrations and photos. While not intended for children, the images can be fascinating to study together.

Nine Months: Before a Baby Is Born by Miranda Paul

Poetically told story of a family (mom, dad, girl) expecting a baby sister. Each spread contains detailed drawings of the fetus developing month by month. No mention of conception. Hospital birth is implied.

BABIES

Baby on the Way and *What Baby Needs*, both by William Sears, Martha Sears, and Christie Watts Kelly
Written for children whose family is expecting (or recently had) a baby, focused on the sibling-to-be's perspective on pregnancy, birth, and newborns. Both books show breastfeeding and the second also shows co-sleeping, and babywearing.

Babies Don't Eat Pizza: A Big Kids' Book About Baby Brothers and Baby Sisters by Dianne Danzig
Long but engaging book about many aspects of having a baby in the house

Hello Benny! What It's Like To Be a Baby by Robie Harris Detailed picture book about how babies grow and develop.

You Are New by Lucy Knisley

Short, positive, rhyming book about babies. Not specific to having a new baby in the family.

OUR WHOLE LIVES 4-6

BOOKS AND MEDIA RECOMMENDATIONS

It's Perfectly Normal by Robie Harris, 2021 edition.

The Every Body Book: The LFBTQ+ Inclusive Guide for Kids about Sex, Gender, Body and Families by Rachel E Simon

The Autism-Friendly Guide to Periods by Robyn Steward

Nonnie Talks about Puberty by Dr. Mary Jo Podgurski

Sex is A Funny Word by Cory Silverberg

Will Puberty Last My Whole Life? 3rd edition, by Julie Metzger and Rob Lehman

Websites:

Great Conversations <https://www.greatconversations.com>

Classes for preteens and their families on puberty, sexuality, communication, decision-making and other important topics. Supports parents as primary sexuality educators and offers additional resources to initiate and maintain these important conversations about growing up.

Amaze <https://www.amaze.org>

Library of videos and resources for families, preteens, and teens about many topics surround sexuality. Recommend parents watch first and/or with children these ages.