

BOOK 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

Her Body Can, by Katie Crenshaw and
Ady Meschke

This body-positive book for girls celebrates bodies regardless of size.

Human Body Theater: A Non-Fiction Revue,
by Maris Wicks

Information about what our bodies are made of and how they're put together is presented in a fun graphic novel format.

The Magic School Bus: Inside the Human Body,
by Joanna Cole

Mrs. Frizzle, the teacher, takes students on a field trip through one child's body. The whole Magic School Bus series (which includes both books and videos) is beloved for making science topics kid-friendly.

Professor Astro Cat's Human Body Odyssey,
by Dominic Walliman and Ben Newman

This cartoon-style book 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

Children can lift flaps to discover how parts of their body function. This book is targeted for older children, but younger kids can still learn from the illustrations.

"Help Kids Learn How Bodies Are Mostly Alike,"
by Amaze Parents

This short animated video on YouTube about body parts, including genitals, uses language like "most girls have" and "most boys have."

Skin Color and Hair Diversity

Shades of People, by Shelley Rotner and Sheila Kelly

This simple photo book depicts the many shades of skin colors.

Skin Like Mine, by LaTashia M. Perry

This short book celebrates the beauty of all shades of brown skin.

We're Different, We're the Same, by Bobbi Jane Kates

Sesame Street characters explain how people's skin, hair, and body parts can look different but have the same functions.

Hair Love, by Matthew Cherry and Karen Rupert Toliver

In this short animated film, an African American girl appreciates her own hair, and her dad learns to style it. matthewacherry.com/hair-love

Body Positivity

Bodies are Cool, by Tyler Feder

A groundbreaking picture book notable for its incredibly diverse portrayal of all types of bodies

Your Body Is Awesome: Body Respect for Children,
by Sigrún Bjarkkadóttir

A picture book that is full of positive messages about body image, listening to your body, and celebrating all that bodies can do.

"You Are Beautiful! Body Positivity," by Queer Kid Stuff

Lindsay and their best friend, a stuffed bear named Teddy, help children feel good about their bodies. Although the descriptive text on some of the YouTube videos uses she/her pronouns for Lindsay, they currently identify as queer and trans nonbinary and use they/them.

Ability

Just Ask! Be Different, Be Brave, Be You, by Sonia Sotomayor

Supreme Court Justice Sonia Sotomayor celebrates kids with diabetes, asthma, dyslexia, autism, a nut allergy, a guide dog, a wheelchair, and more.

"What's a Disability?" by Queer Kid Stuff

Lindsay and Teddy learn about disability from two friends: Ali and her wheelchair Twilight Flake. On YouTube.

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, etc.

