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Books for Parents and Children About Growing Up and Sex

Mary Walsh, M.D., the MMS health educator, recommends the following books.

For Children:

What's the Big Secret? by Laurie Krasney Brown

When You Were Inside Mommy by Joanna Cole

It's Perfectly Normal by Robie Harris

It's Not the Stork! by Robie Harris

It's So Amazing! by Robie Harris

Hi New Baby! by Robie Harris

Happy Birth Day! by Robie Harris

The Feelings Book by Dr. Lynda Madison

Where Did I Come From? by Peter Mayle

Reproduction by Steve Parker

The Care and Keeping of You by Valerie Lee Schaefer (American Girl book)

For Parents:

But How'd I Get in There in the First Place? by Deborah Roffman

Sex and Sensibility by Deborah Roffman