

Children's books about body image, body confidence and celebrating differences

This book list has been put together by a dsdfamilies parent volunteer

It complements the list of books which you find on the Parents section of this website

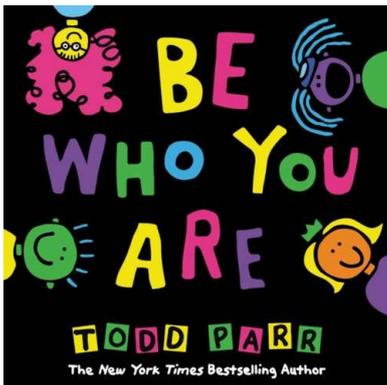
<https://www.dsdfamilies.org/parents/childrens-books>

How to use?

All children, whether they are born with a dsd or not can benefit from these lovely books, but for our children with different sex development they are especially important as they can open up a positive and safe space for talking about how their body might have (visibly or not) developed differently.

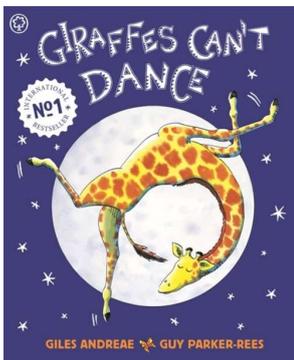
Equally, if you are a bit worried about finding the right words to have those conversations, simply read the books with your child – and enjoy together the words and rhymes, messages and lovely illustrations. And just keep coming back to them. And one day, you can say 'you know how this book talks about ... ' or 'you remember that lovely book we read...' ...

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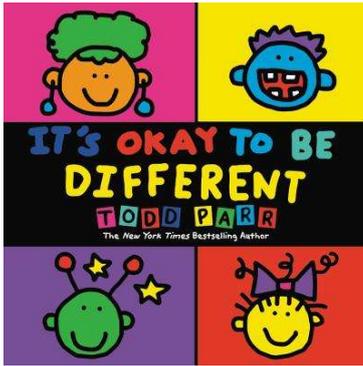
Be Who You Are by Todd Parr

A new release by Todd Parr, which further encourages kids to be proud of who they are, in his distinctive illustrative style.



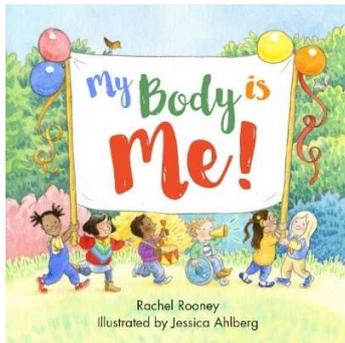
Giraffes Can't Dance by Giles Andreae

This story teaches children about accepting that everyone is different, embracing their own differences, and building confidence and self-esteem



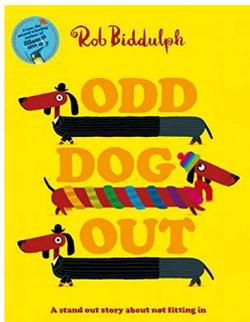
It's OKAY to be Different by Todd Parr

A wonderfully bright and colourful picture book, which provides an excellent starting point for having conversations with young children about how people differ from one another and that these differences are to be celebrated.



My Body is Me! By Rachel Rooney

This book introduces children to how human bodies work, and celebrates similarities and differences while challenging sex stereotypes. It aims to promote a positive self-image. It has a specific focus on body image and differences between bodies, which may be helpful for parents to 'move on' to more detailed discussions with their child about these issues.



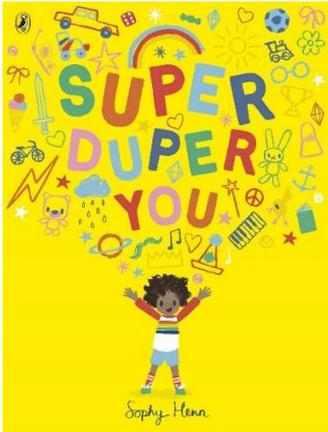
Odd Dog Out by Rob Biddulph

In my opinion, this book is a modern-day classic! It is a story about the finding your place in the world and about "fitting in".



Sparrowlegs by Anupa Roger

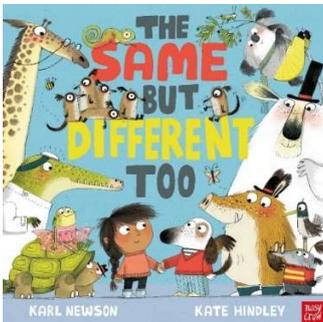
This book specifically addresses issues of body confidence. If you only buy one book from this list, buy this one! The author describes the three main messages of the book as; "we must love the skin we are in, our bodies are absolutely amazing and who we are is far more important than our appearance."



Super Duper You by Sophy Henn

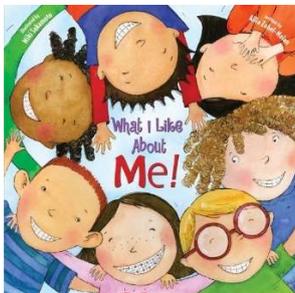
A lovely story about a little one, as told by an older sibling. The great thing about this book is that the gender of the main character is not addressed, the book simply talks about them as a person. The book underlines the message that you don't have to be the same as everyone else to be loved and valued and gently challenges gender stereotypes.

“Rather than worry about what you are NOT, enjoy all the brilliant things you ARE.”



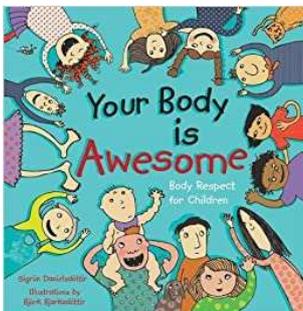
The Same But Different Too by Karl Newson

A book that beautifully introduces the topic of similarities and differences between the various animals and people in the book. It is about celebrating uniqueness and self-acceptance.



What I Like About Me by Allia Zobel-Nolan (board book)

A great book for introducing babies and young children to the concept of self-acceptance and body confidence. The messages of the book are about turning “negatives” into positives and celebrating individuality.



Your Body is Awesome by Sigun Danielsdattir

A book to promote kindness and help encourage children to love their bodies from an early age. By learning about all the wonderful things bodies can do, and how each body is different and unique, children will be inspired to take good care of their bodies.