

EARLY LEVEL BOOKLIST



These books provide opportunities to talk about the themes of interest to RSHP learning, but they are also just good books to read and enjoy. The books can be used with a class or group, reading to pairs or individual children. Of course, they can be read at school and at home.

My body: Usborne Very First Words (Board Book)

Felicity Books

ISBN 9781409535331

This is an illustrated introduction to an important and popular subject for the very young. It includes names for parts of the body, the senses, clothes, things we can do, and what our bodies need to stay healthy.

Lift the flap Questions and Answers about my body

Katie Daynes

ISBN 9781409562108

This Lift-the-Flap book contains the answers to the many questions that curious children have about their bodies, including 'How do I smell?' 'What makes me burp?' 'Why do I need to wash my hands?' 'Why is blood red?' and many more. The book is filled with entertaining and informative illustrations to help to answer all kinds of body questions that young children ask, in a friendly and simple way. Includes over 60 flaps to lift.

It's My Body

Lory Freeman

ISBN 0943990 033

A book to teach young children how to resist uncomfortable touch.

Your body belongs to you

Cornelia Spelman

ISBN 978-0-8075-9473-5

In simple reassuring language the author explains that children can decline a friendly hug or kiss, even from someone they love, and still be friends. The text and illustrations remind children that their feelings count. Positive and assertive approach.

My Body Belongs to Me from My Head to My Toes

Dagmar Geisler

ISBN 9781626363458

Provides children with confidence about accepting and rejecting physical contact from others, helping to give children a voice in uncomfortable situations.

Colin and Lee, Carrot and Pea

Morag Hood

ISBN 1509808949

Helps children celebrate individuality, friendship... and vegetables!

I love you just the way you are

Tammi Salzano

ISBN 9781848958753

A mum and son go about their daily routine with familiar activities such as dressing up, reading, painting and bath time.

It's okay to be different

Todd Parr

ISBN 0316043478

It's Okay to Be Different cleverly delivers the important messages of acceptance, understanding and confidence in an accessible, child-friendly format featuring Todd Parr's trademark bold, bright colours and silly scenes.

The Family Book

Todd Parr

ISBN 0316070408

The Family Book celebrates the love we feel for our families and all the different varieties they come in. Whether you have two mums or two dads, a big family or a small family, a clean family or a messy one, Todd Parr assures readers that no matter what kind of family you have, every family is special in its own unique way.

Families, Families, Families!

Suzanne Lang

ISBN 9780552572927

If you love each other then you are a family. Discover a whole host of silly animal families in this celebration of the love found in families big and small.

Who's in a Family

Robert Skutch

ISBN 1883672139

Family is important, but who's in a family? It's the people who love you the most! This picture book has no preconceptions about what makes a family a family. There's even equal time given to some of children's favourite animal families.

We belong together: a book about adoption and families

Todd Parr

ISBN 0-316-01668-3

There are lots of different ways to make a family. It just takes love.

Do you sing twinkle? A story about remarriage and new family

Sandra Levins

ISBN 1433805391

Living apart from a parent can be a hard adjustment for a child. If that parent remarries and has stepchildren, things can get confusing. Told from a young boy's point of view, this book addresses many feelings and questions that children may have while adjusting to remarriage and a blended family after their parents' divorce.

Mommy, Mama and Me

Leslea Newman

ISBN 1582462631

Rhythmic text and illustrations with universal appeal show a toddler spending the day with its mums. From hide-and-seek to dress-up, then bath time and a kiss goodnight, there's no limit to what a loving family can do together.

King and King

Linda de Haan

ISBN 1582460612

Once there lived a lovelorn prince whose mother decreed that he must marry by the end of the summer. So began the search to find the prince's perfect match and lo and behold.....his name was Lee. You are cordially invited to join the merriest, most unexpected wedding of the year. A contemporary tale about finding true love and living happily ever after.

This is the Firefighter

Laura Godwin

ISBN 1423108000

For younger children. The fire alarm sounds. The firefighter responds. He jumps in the fire truck and races to a daring rescue!

Clive is a Nurse

Jessica Spanyol

ISBN 9781846439919 (Board book, 2017)

What will Clive be today? Follow Clive and his friends as they explore the many things a nurse does in a day. This humorous and caring interaction of an inclusive group of playmates will inspire young readers to create their own diverse roles, free of gender stereotypes.

Clive is a Teacher

Jessica Spanyol

ISBN 9781846439902

Follow Clive and his friends as they explore the many things a teacher does in a day.

Topsy and Tim meet the Police

Jean and Gareth Adamson

ISBN 9781409308836

Topsy and Tim find themselves learning the importance of safety when their class is visited by two police officers. The book addresses safe places for children to play, and warning signs to look for that may indicate a dangerous situation.

Topsy and Tim meet the Ambulance Crew

Jean and Gareth Adamson

ISBN 0721428606

The twins learn about the work of an ambulance crew – the story helps children understand if family or friends need immediate help from this emergency service.

Topsy and Tim Go to Hospital

Jean and Gareth Adamson

ISBN 9781409304234

Tim has fallen out of a tree and bumped his head. He is a little nervous about going to hospital, but he soon finds out how nice the Doctors and Nurses are, and there are lots of other children on the ward to play with too.

My many coloured days

Dr Seuss

ISBN 0099266598

'You'd be surprised how many ways I change on different coloured days. Maybe on some days you feel sort of brown, like a bear; you feel slow and low, low down. But then comes a yellow day and wheeeeeeeeeee! you feel like a busy, buzzy bee'. Dr Seuss takes the reader on a journey through many different moods.

No Means No!

Jayneen Sanders and Cherie Zamazing

ISBN 1925089223

'No Means No!' is a children's picture book about an empowered little girl who has a very strong and clear voice in all issues, especially those relating to her body and personal boundaries. Teaching personal boundaries, consent.

No No Yes Yes

Leslie Petricelli

ISBN 0763632449

For younger children, an expressive baby demonstrates different behaviours and their predictable responses.

No David!

David Shannon

ISBN 1338269046

David does a lot of things he's not supposed to do....

Yes Day

Amy Krause Rosenthal

ISBN 0545256097

There's one day a year when the response to every question must be YES....

I'm a Girl!

Yasmeen Ismail

ISBN 1408857006

The girl in this book likes to win, she likes to be spontaneous, fast and strong, and because she also likes to dress in t-shirt and shorts, she is forever getting mistaken for a boy. And when she meets a boy who likes wearing princess dresses and playing dolls, they both quickly discover that they share interests that are wide and varied. *I'm a Girl!* is a celebration of being who we are and not being pigeon-holed or restricted by gender stereotypes.

Clive and his Babies

Jessica Spanyol

ISBN 1846439914

Meet Clive - and his imagination! Clive loves his dolls. He enjoys playing with them, and sharing them with his friends. A gentle, affectionate book, celebrating diversity and challenging gender stereotypes.

Oliver who was small but mighty

Mara Bergman and Nick Maland

ISBN 0340930551

Oliver is small but he wishes he were tall and mighty - especially when he is confronted by a school of whales, a bunch of pirates and a sea monster. This story is about overcoming your fears.

I'm Worried

Brian Moses

ISBN 0750221313

Young children experience many confusing emotions in their early years. This book examines feeling worried in an amusing but reassuring way. The book contains notes for parents and teachers with suggestions of ways to help children deal with these emotions.

Friends

Eric Carle

ISBN 0399172068

Once there were two friends who were always together... But one day, the boy was all alone. His friend was gone. Undaunted, he sets off on a quest that takes him across a swift cold river, over a tall mountain, through a broad meadow and a forest full of dark shadows. He sleeps under starry skies and dreams of floating on clouds before finally being reunited with his beloved friend.

Do you want to be my friend?

Eric Carle

ISBN 014050284X

Do you want to be my friend asks a little mouse of a horse a peacock an alligator and others in this classic story. Only when he meets another little mouse is the answer unequivocally, "Yes". Each page of this ingenious, all but wordless, picture book affords surprise suspense and repeated pleasure for the viewer.

The boy who built a wall around himself

Ali Redford

ISBN 1849056838

Boy built a wall to keep himself safe. Behind it he felt strong and more protected. Then Someone Kind came along. She bounced a ball, sang and painted on the other side of the wall, and Boy began to wonder if life on the other side might be better after all. Written for children aged 4 to 9, this gentle full-colour picture book uses a simple metaphor to explain how children who have had painful or traumatic experiences can build barriers between

themselves and other people. It will help children explore their feelings and encourage communication.

The Invisible Boy

Trudy Ludwig

ISBN 9781582464503

Meet Brian, the invisible boy. Nobody ever seems to notice him or think to include him in their group, game, or birthday party . . . until, that is, a new kid comes to class. When Justin, the new boy, arrives, Brian is the first to make him feel welcome. And when Brian and Justin team up to work on a class project together, Brian finds a way to shine. This gentle story shows how small acts of kindness can help children feel included and allow them to flourish.

Kindness Starts with you

Jacquelyn Stagg

ISBN 1775183319

Follow Maddy through her day at school, where your child will learn how easy it can be to spread kindness! From taking turns on the swing to including everyone in the game - this storybook shows that no act of kindness, no matter how small, is ever wasted. Included in the book is a *Weekly Kindness Challenge* to help encourage children to: *Say Sorry, Be Polite, Take Turns, Be a Helping Hand, Include Others, and Show Respect.*

Norris the Bear who Shared

Catherine Rayner

ISBN: 1408339366

Norris loves plorrings! When he spots one ripening in the afternoon sun, he sits back and patiently waits for the fruit to drop from the tree into his paws. But Norris isn't the only one who adores plorrings - pesky Tulip and Violet love them as well. Who will get their paws on the delicious fruit first?

Share!

Anthea Simmons and George Birkett

ISBN 184939220X

Learning to share your favourite things with a baby brother or sister can be hard at first, but once you get used to it, it's so much fun!

This is our House

Michael Rosen and Bob Graham

ISBN: 1406305642

George says the cardboard house is his and no one else can play in it. It isn't for girls, small people, twins, people with glasses, or people who like tunnels. But Lindy, Marly, Freddie, Charlene, Marlene, Luther, Sophie and Rasheda have other ideas! One by one each child is refused access until the tables are turned and George finds how it feels to be on the receiving end. A book that shows that it is much more fun to share.

I don't care! Learning about respect

Brian Moses

ISBN 0750221364

Are you careful with a friend's bike - do you treat it with respect or would you return it battered and broken? Do you take notice of rules or do you just ignore them? Full of everyday situations like these, this book will help answer the question - how considerate are you?

Cyril Squirrel Finds out about Love

Jane Evans

ISBN 9781785920806

Cyril Squirrel asks lots of questions, but there's one thing that really puzzles Cyril... What is love? Can I find it? Keep it? Do I need it? With a notebook and a map, Cyril embarks on a quest to find out about love. Helping children to learn about the ways that love can look, sound or feel, this picture book shows some of the many different forms love, friendship and kindness take. Suitable for children aged 2-6, especially those who may have confused ideas about love, Cyril's adventure includes guidance for adults on how the book can be read with children.

Miles is the boss of his body

Samantha Kurtzman- Counter and Abbie Schiller

ISBN 0989407136

On his 6th birthday, Miles' excitement is dimmed when he finds himself being pinched, hugged too tight, picked up and tickled by his well-intentioned family and decides he's had enough! When Miles decrees that he is the "Boss of his body," his whole family expresses support and respect for his personal boundaries.

Little Meerkat's Big Panic: A story about learning new ways to feel calm

Jane Evans

ISBN 9781785927034

Once upon a time there was a Little Meerkat with a very important job to do. Today was the day when Little Meerkat finally took a turn at being the lookout meerkat - watching for dangers to protect the meerkat gang. It was all going well until Little Meerkat fell asleep and woke up to find everyone had disappeared! This sent Little Meerkat into one very big panic. With help from Small Elephant and Mini Monkey, can Little Meerkat calm down and find the missing meerkats? This playful full-colour storybook shows children aged 2-6 easy ways for them to calm their body and brain when feeling anxious. It also includes guidance for parents or professionals on the neuroscience behind the strategies, and how they can use the book to help children

I Feel Angry

Brian Moses

ISBN 07502 14031

Young children experience many confusing emotions in their early years. This book examines feelings of anger in an amusing and reassuring way. Contains notes for parents and teachers with suggestions of ways to help children deal with these emotions.

I Feel Frightened

Brian Moses

ISBN 07502 1404

Young children experience many confusing emotions in their early years. This book examines feeling frightened in an amusing but ultimately reassuring way. Contains notes for parents and teachers with suggestions of ways to help children deal with these emotions.

I Feel Sad

Brian Moses

ISBN 07502 1406-6

This book examines feeling sad, but deals with it in an amusing but reassuring way. Contains notes for parents and teachers with suggestions of ways to help children deal with these emotions.

How are you feeling today Baby Bear? Exploring Big Feelings after Living in a Stormy Home

Jane Evans

ISBN 9781849054249

Baby Bear lives in a home with the Big Bears, and loves to chase butterflies and make mud pies - they make Baby Bear's tummy fill with sunshine. Then, one night, Baby Bear hears a big storm downstairs in the house and in the morning, Baby Bear's tummy starts to feel grey and rainy. How will such a small bear cope with these big new feelings? This sensitive storybook is written to help children who have lived with violence at home to begin to explore and name their feelings. Accompanied by notes for adults on how to use each page of the story to start conversations, it also features fun games and activities to help to understand and express difficult emotions.

The Very Hungry Caterpillar

Eric Carle

ISBN 0241003008 (Board book)

A much-loved classic with its vivid and colourful collage illustrations and its deceptively simply, hopeful story. With its die-cut pages and finger-sized holes to explore, this is a richly satisfying book for children.

I want a pet

Lauren Child

ISBN 9780711213395

The more desperate for a pet a young narrator becomes, the more outlandish her suggestions. How about a boa constrictor? Why not an octopus? She accepts her family's objections with an open mind but she isn't cowed. By the end of the story the tenacious hero has found a pet that couldn't possibly bother anyone...yet.

My Cat Mac

Margaret Forrester and Sandra Klaassen

ISBN 0863157475

When a new family move into Mac the cat's Edinburgh town house, he decides to let them stay. He has always wanted a special friend and the little girl Catriona seems very nice. But when Catriona decides to dress Mac up in doll's clothes and pushes him around in her pram, he is not impressed. A gentle lesson taught about treating a pet with respect and not as a toy or plaything.

Hickory Dickory Dog

Alison Murray

ISBN 0763668265

Zac and his dog, Rufus, are inseparable. So when Zac experiences his first day at school, Rufus does too...Wherever Rufus goes, fun and mischief are certain to follow.

What Did I look Like When I Was a Baby?

Author Jeanne Willis and Tony Ross

ISBN 184270 2106

What did I look like when I was a baby? Michael asks his mum, the baboons asks his mum and all other animals ask their mums. The answer in each case is amusing and satisfyingly simple. This book explores family traits and genes in a funny and accessible style. Amusing with lovely visual jokes.

How did I Begin?

Author Mick Manning and Brita Granstrom

ISBN 07496 56611

A warm, friendly introduction to the facts of life for young children that follows the story of a new life from the moment of conception to the birth of a baby. We are guided through each stage with simple illustrations, inviting lots of discussion and providing answers to all those questions.

Before you were born

Author Jennifer Davis

ISBN 0761112006

This joyous, innovative book about pregnancy tells the parallel story of mother and baby from hearing the thumpity-thump of baby's heartbeat to that unforgettable first meeting.

How are babies made?

Author Alastair Smith

ISBN 0746025025

Discover how a baby forms inside its mother. Lift the flaps on the pages to see the baby changing as it grows and grows.

Now We Have a Baby

Author Lois Rock

ISBN 07459 48855

There's a new baby in your family. There are so many important things to think about and so much you will have to learn to do. Preparing a young child for the impact a new baby may have on their life and family.

Lola Reads to Leo

Anna McQuinn and Rosalind Beardshaw

ISBN 1580894038

Lola has a new baby brother and she can't wait to share her love of reading with him. Lola gets ready for little Leo's arrival by reading books about brothers and sisters and picking out the perfect stories that she just knows her little brother will love. Even when her mum's tummy gets "bigger and bigger," and even when she's tired, Mum makes sure there is time for Lola and her stories. When the baby is finally here, Lola takes on the role of big sister, she helps around the house and tells Leo stories to cheer him up when he cries.

My brother Charlie

Holly Robinson Peete

ISBN 0545094666

"Charlie has autism. His brain works in a special way. It's harder for him to make friends. Or show his true feelings. Or stay safe." But as his big sister tells us, for everything that Charlie can't do well, there are plenty more things that he's good at. He knows the names of all the American presidents. He knows stuff about airplanes. And he can even play the piano better than anyone he knows.

The Otter Who Loved to Hold Hands

Heidi Howarth

ISBN 1781711283

Every evening Otto's family come together to hold hands when they sleep. Otto feels safest holding hands and in the morning he doesn't want to let go! Poor Otto's parents can't get anything done with him holding on to them, but he's just too worried and afraid to be left on his own. What will persuade the little otter to face his fears and finally let go? Watch Otto gain in confidence - and happiness - as he learns to do things without other people's help.

My Safe Place

Dawn Muir

ISBN 1717955053

My Safe Place follows a small boy over the course of a year. A child who goes from being withdrawn with low self-esteem to believing anything is possible. This book has been carefully written and illustrated that all children no matter what age can understand the story. To most children their safe place would be home however, this isn't the case for many. Their Safe Place could be a foster carers, grandma's house or even a family centre.

You're Safe with Me

Chitra Soundar

ISBN 1911373293

When the moon rises high and the stars twinkle, it is bedtime for the baby animals of the Indian forest. But tonight, when the skies turn dark and the night grows stormy, the little ones can't sleep. Only Mama Elephant with her words of wisdom can reassure them, "You're safe with me."

What I like about me!

Allia Zobel Nolan

ISBN 0794419453

Classmates celebrate their differences!

Tough guys have feelings too

Keith Negley

ISBN 1909263664

Illustrations and text explore various 'tough guys' showing emotion.

Giraffes can't dance

Giles Andreae

ISBN 1841215651

A joyful read about an outsider who finds acceptance on his own terms.... there's also a simple moral about tolerance and daring to be different.

Frog is frog

Max Velthuys

ISBN 1783441410

Frog is not content to be just a plain green frog, he wants to do the things his friends can do. He tries to fly like Duck, to bake cakes like Pig and to read like Hare. But all his attempts are doomed to failure, and Frog is disconsolate, until Hare points out that his friends love him just the way he is.

The Great Big Book of Families

Mary Hoffman

ISBN 1847805876

A celebration of the diversity found within contemporary families.

I said No! A kid-to-kid guide to keeping private parts private

Zach and Kimberly King

ASIN: B00L6YO4SS

A book to help children understand boundaries, using 'red flag/green flag' terminology.

Pilar's Worries

Victoria M. Sanchez

ISBN 0807565466

Pilar loves ballet but auditioning makes her feel scared. She learns coping techniques.

The Great Big Book of Feelings

Mary Hoffman

ISBN 1847802818

A great book for encouraging children to explore and reflect upon a whole range of feelings.

What makes a baby?

Cory Silverberg

ISBN 1609804856

A book for every kind of family and every kind of kid. A children's picture book about conception, gestation and birth, inclusive of all kinds of kids, adults, and families - regardless of how many people were involved, their orientation, gender and other identity, or family composition. The story does not gender people or body parts, so people can apply their own family experience to the text.

Be Kind

Pat Zeitlow Miller

ISBN 1626723214

From asking the new girl to play to standing up for someone being bullied, this moving and thoughtful story explores what a child can do to be kind, and how each act, big or small, can make a difference - or at least help a friend.

Last stop on Market Street

Matt de la Pena

ISBN 0141374187

Through energy and encouragement, CJ's nana helps him see the beauty and fun in their routine. This beautifully illustrated, emotive picture book explores urban life with honesty, interest and gratitude.

Enemy Pie

Derek Munson

ISBN 081182778X

It was the perfect summer. That is, until Jeremy Ross moved into the house down the street and became neighbourhood enemy number one. Luckily Dad had a sure-fire way to get rid of enemies: Enemy Pie. But part of the secret recipe is spending an entire day playing with the enemy!

A sick day for Amos

Philip C Stead

ISBN 1250171105

Friends come in all sorts of shapes and sizes. Every day Amos spends a little bit of time with each of his friends at the zoo. But when Amos is too sick to make it to the zoo, his animal friends decide it's time they returned the favour.

The monster who lost his mean

Tiffany Strelitz Haber

ISBN 0805093753

What happens when a monster can't be mean anymore? Is he still a monster at all? It's not what you're called but who you are that counts.

My Big Shouting Day

Rebecca Patterson

ISBN 1780080069

Everyone has a bad day now and then – none more so than Bella. Thank fully Mum can offer cuddles and as tory at bedtime.

Happy

Katie Hickey and Nicola Edwards

ISBN 1848578881

A soothing book of mindfulness to share with children, not just when emotions are running high. Encourages children to breathe themselves to happiness, untangling worries and calming emotions.

Silly Billy

Anthony Browne

ISBN 1406305766

Billy is a worrier. But things change for the better when grandma introduces him to some friendly-faced worry dolls.

The Worrysaurus

Chris Chatterton and Rachel Bright

ISBN 1408356120

Worrysaurus is all set for the day.... But what if...? A soothing rhythmic story to open the door to talk about worries.

No longer alone

Joseph Coelho and Robyn Wilson-Owen

ISBN 140529129X

A poignant story about family, loss and hope. A book about managing grief.

Big words for Little People: Kindness

Helen Mortimer and Cristina Trapanese

ISBN 0192777491

A colourful picture book, both compassionate and entertaining.

A Book of Feelings

Amanda McCardie and Salvatore Rubbino

ISBN 1406365912

A picture book that helps us discover that everyone has feelings and that some are easier to make sense of than others.

Mama's Milk

Michael Elsohn Ross

ISBN 1582461813

Celebrating the warm and loving bond between mammal mamas and their babies, this lushly illustrated, lyrical book shows little ones doing what comes naturally: nursing. A perfect choice for cuddling up with a breast-feeding child or the older sibling who wonders how the new baby gets fed.

Babies Nurse

Phoebe Fox

ISBN: 978-1-930775-72-5

This book showcases different baby mammals all sharing one common trait, they are all nursing from their mothers. In rhyming English text, readers are introduced to 13 different nursing mammals.