

Books recommended for children

Lots of wonderful books for children and families about feelings, emotions and diversity.

Kindness, compassion and empathy

Help put your child in another person's shoes with these books that inspire compassion: whether that's towards animals, friends or people in very different situations to your own.

www.booktrust.org.uk/booklists/k/kindness

Books about bullying for 8-12s

Here are some books to help older primary school children who may be experiencing bullying or finding it tricky to make friends.

www.booktrust.org.uk/booklists/d/difference-acceptance-and-bullying-childrens/

13 books to help your child feel more calm and mindful

These books are great if your child has particular worries or just wants to explore their identity and place in the world.

www.booktrust.org.uk/booklists/c/calming-mindfulness/

Books with positive images of disability

Here are 12 children's books that are useful for discussing disability and inclusive issues with young readers.

www.booktrust.org.uk/booklists/b/bookmark-disability-childrens-books-of-the-year/

My family is different (Author: Carolyn Brock)

A workbook for children with a brother or sister on the autism spectrum.

www.autism.org.uk/shop/products/books-and-resources/my-family-is-different

My friend Sam (Author: Liz Hannah)

A story about introducing a child with autism to nursery school.

www.autism.org.uk/shop/products/books-and-resources/my-friend-sam

The Book You Wish Your Parents Had Read (Author: Philippa Perry)

In this absorbing, clever and funny book, renowned psychotherapist Philippa Perry tells us what really matters and what behaviour it is important to avoid- the vital dos and don'ts of parenting.

www.penguin.co.uk/books/292159/the-book-you-wish-your-parents-had-read-and-your-children-will-be-glad-that-you-did-by-perry-philippa/9780241251027