

Books that link to Children's Rights



Below you will find suggestions of books that link to rights.

There will be many more books that link to rights so if you have any suggestions please let us know by emailing Sophie.Williams@childcomwales.org.uk

Where possible we have **highlighted** the books that are Welsh Language/ bilingual.

We have grouped the books together under different Articles rather than Key Stage. You may want to check the age suitability of the books and be mindful of the children you are working with and their experiences.

Please Note: We have taken the blurbs for each book from an internet search engine, these are not our personal opinions of the books.

Article 2: All children have these rights no matter what. All children should be treated equally

Mae'n iawn bod yn wahanol/ It's okay to be different by Todd Parr

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. Targeted to young children first beginning to read, this book will inspire kids to celebrate their individuality through acceptance of others and self-confidence.

Dy wallt yw dy goron / Your hair is your crown — Jessica Dunrod

Discover the true magical colours of Wales, Hope as she learns that magical things happen when her beautiful Afro hair gets wet, and her curls are unleashed. Follow Hope as she is transported into a Welsh wonderland where Hope meets Dewi the Dragon, who flies her across Cardiff and introduces her to Afrodite the mermaid.

A tribute to the author's Welsh-West Indian heritage and our glorious multicultural society!

My Skin, Your Skin — Laura Henry-Allain MBE

My Skin Your Skin is a powerful book to help children and adults have meaningful discussions about race and anti-racism. Most importantly, the book empowers children to be the best versions of themselves; to have self-love, self-esteem and self-worth, irrespective of their skin colour.

This book was specifically written by Early Years expert and children's media creator, Laura Henry-Allain MBE, to support parents, teachers and carers to explain what racism is, why it is wrong, and what children can do if they see it or experience it. It also explores how important it is for children to celebrate their achievements and greatness

The same but different by Molly Potter

This book covers lots of ways in which we're different, including how we look, where we live, the languages we speak, what our families are like and what we believe in. It's the perfect resource for starting important conversations with children about diversity and inclusion, with topics such as race, disability, gender, sexual orientation and religion. Early Years and PSHE expert Molly Potter also provides a glossary of terms and notes for parents and carers offering advice on tackling prejudice right from the start.

This book could also link to: Article 8, Article 14 and Article 30

Love makes a family by Sophie Beer

Whether you have two mums, two dads, one parent, or one of each, there's one thing that makes a family a family... and that's LOVE.

This book could also link to: Article 9, Article 20, Article 21

Erthygl 9: Mae gen i hawl i fyw gyda theulu sy'n gofalu amdana i

Mam Lan a Lawr / Up and Down Mum — Summer Macon

Living with Mum is a bit like a roller coaster ride. At times, she is excited and full of energy, but at others, she is tired and withdrawn. But she's always my mum, and we're sharing the ride. For children who grow up in the care of a parent who has bipolar disorder, life can be filled with anxiety and uncertainty. With the aid of a clear and simple information spread, this story helps us to understand the causes of bipolar disorder and how we can learn to live with someone who has it. Developed in close consultation with families who have a parent with bipolar disorder, and created in collaboration with the Wellcome Trust.

Siwmpwr Mam / Mum's jumper - Jayde Perkin

If Mum has gone, how do you carry on? Missing her feels like a dark cloud that follows you around, or like swimming to a shore that never comes any nearer. But memories are like a jumper that you can cuddle and wear. And Mum's jumper might be a way to keep her close. A simple, heartfelt and ultimately uplifting book for anyone coping with loss.

The Great Big Book of Families — Mary Hoffman

This fun and fascinating treasury features all kinds of families and their lives together. Each spread showcases one aspect of home life—from houses and holidays, to schools and pets, to feelings and family trees.

Link to Rights: Article 8, Article 19, Article (family who cares for me)

Picnic in the Park - Joe Griffith and Tony Pilgrim

"Picnic in the Park" tells the story of Jason's birthday picnic and his guests. In so doing, it introduces children to a range of family structures, including two- and one-parent families; adoptive and foster families; gay and lesbian families; and step-families. It also shows a diverse range of adults and children.

Using the device of a birthday picnic in the park, each page shows a new set of guests coming to the party; children can draw their own and friends' families on the pages at the back.

This book also links to Article 20 and 21

The Family Book — Todd Parr

The Family Book celebrates the love we feel for our families and all the different varieties they come in. Whether you have two mothers 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.

The Memory Tree - Britta Teckentrup

Fox has lived a long and happy life in the forest, but now he is tired. He lies down in his favourite clearing, and falls asleep for ever. Before long, Fox's friends begin to gather in the clearing. One by one, they tell stories of the special moments that they shared with Fox. And so, as they share their memories,

a tree begins to grow, becoming bigger and stronger with each memory, sheltering and protecting all the animals in the forest, just as Fox did when he was alive.

Missing Mummy: A Book About Bereavement by Rebecca Cobb

Written and illustrated by the talented and award-winning author-illustrator Rebecca Cobb, this extraordinary book deals with the loss of a parent from a child's point of view. Perfectly pitched text and evocative artwork explore the many emotions a bereaved child may experience, from anger to guilt and from sadness to bewilderment. And importantly, the book also focuses on the positive - the recognition that the child is still part of a family, and that his memories of his mother are to be treasured.

Article 12: I have the right to be listened to and taken seriously.

Weithiau dwi'n teimlo'n heulog / Sometimes I Feel Sunny — Gillian Shields

Follow four loveable friends through their day, and explore the emotions that naturally occur in every young child's life. A brilliant way to soothe a bad mood and to explain that everyone feels strong emotions sometimes.

Cyfes llyfrau 'Big Bright Feelings' — Tom Percival - (Mae fersiynau Cymraeg o rai o'r llyfrau yma ar gael)

Awgwstws a'i Wên / Augustus and his smile — Catherine Rayner

Augustus the tiger was sad. He had lost his smile. So he did a huge tigery stretch, and set off to find it. In this stunning, remarkable book, talented new author and illustrator Catherine Rayner celebrates the beauty of the world and the simple happiness it brings us when we open our eyes to it.

Beth sy'n digwydd yn fy mhen? / What's going on inside my head? — Molly Porter

By talking about positive self-image, emotional intelligence, relationships and mindfulness, this book will help children develop healthy habits and good coping strategies from the start. Presented in a warm, child-friendly but no-nonsense way it will help establish solid foundations for every child's current and future wellbeing. Perfect for starting conversations with children about their mental and emotional health.

Hapus/ Happy - Emma Dodd

Little owl loves playing games, trying new things and singing, but what makes little owl happiest of all? When he cuddles close with his mummy and whispers, "I love you".

Y Llew tu mewn/ The Lion Inside by Rachel Bright and Jim Field

An inspiring story that shows we all have a lion inside of us!

Cwmwl Cai — Nia Parry

Weithiau mae Cai'n teimlo'n hapus ac ar ben ei ddigon, dro arall mae'n teimlo bod yna gwmwl du mawr yn ei ddilyn o gwmpas. Mae Cai yn fachgen bach sy'n cael pyliau tywyll o anobaith lle mae'n

teimlo o dan straen. Mae yna lawer o blant fel Cai allan yna. Mae'r llyfr yma'n normaleiddio'r teimladau anodd yma ac yn cynnig syniadau ymarferol i blant.

Pryder Glain / Ruby's Worry — Tom Percival

Ruby loves being Ruby. Until, one day, she finds a worry.

At first it's not such a big worry, and that's all right, but then it starts to grow. It gets bigger and bigger every day and it makes Ruby sad. How can Ruby get rid of it and feel like herself again?

The Colour Monster — Anna Llenas (Welsh Translation available online)

One day, Colour Monster wakes up feeling very confused. His emotions are all over the place; he feels angry, happy, calm, sad and scared all at once! To help him, a little girl shows him what each feeling means through colour. A gentle exploration of feelings for young and old alike.

Note: We have activities that link to the colour monster in our [Early Years resource](#)

The Great Big Book of Feelings — Mary Hoffman

The book opens with the question: "How are you feeling today?" And this leads on to a spread by spread presentation of a wide range of feelings, including:

*Happy * Sad * Excited * Bored * Interested * Angry * Upset * Calm * Silly * Lonely * Scared * Safe
*Embarrassed * Shy * Confident * Worried * Jealous * Satisfied

The final spread is about Feeling Better because sharing and talking about feelings helps us to feel better.

This book also links to: Article 3 Adults should always do what is best for you.

The Feelings Book - Todd Parr

Sometimes I feel silly.

Sometimes I feel like eating pizza for breakfast.

Sometimes I feel brave.

Sometimes I feel like trying something new...

The Feelings Book vibrantly illustrates the wide range of moods we all experience. Kids and adults will appreciate Todd Parr's quirky intelligence as he pays special attention to the ever-changing, sometimes nonsensical emotions that we all feel. Targeted to young children first beginning to read, this book will inspire kids to discuss their multitude of feelings in a kid-friendly, accessible format, told through Parr's trademark bold, bright colors and silly scenes

Feelings - Libby Walden

Explore the world of emotions with this stunning peek-through book. Lyrical text and enchanting illustrations bring each emotion to life to help children understand the universal and unique nature of feelings.

When sadness comes to call - Eva Eland

In *When Sadness Is at Your Door*, Eva Eland brilliantly approaches this feeling as if it is a visitor. She gives it a shape and a face, and encourages the reader to give it a name, all of which helps to demystify it and distinguish it from ourselves. She suggests activities to do with it, like sitting quietly, drawing, and going outside for a walk. The beauty of this approach is in the respect the book has for the feeling, and

the absence of a narrative that encourages the reader to "get over" it or indicates that it's "bad," both of which are anxiety-producing notions.

Morris and the Bundle of Worries - Jill Seeney

All young children have worries, but looked after children may have more worries than most as they lack the reassurance and security of permanent, stable family life. In this colourful picture book for young children, Morris the Mole finds out that talking about his problems, and facing his worries with the help of others, is more helpful than hiding his fears.

This book also links to Article 20 and Article 21

Article 14: You have the right to practise your own religion, as long as you're not stopping people from enjoying their rights.

Hats of faith by Medeia Cohan-Petrolino

This book is a beautifully illustrated introduction to the shared custom of head covering. Using accurate terminology and brightly coloured imagery, Hats of Faith helps educate and prepare young children for our culturally diverse modern world. Encouraging an early and open dialogue between parents and children.

The Proudest Blue: A Story of Hijab and Family By Ibtihaj Muhammad

Its Faizah's first day of school, and her older sister Asiya's first day of hijab — made of a beautiful blue fabric. But not everyone sees hijab as beautiful. In the face of hurtful, confusing words, will Faizah find new ways to be strong?

This is an uplifting, universal story of new experiences, the unbreakable bond shared by siblings and of being proud of who you are, from Olympic medallist Ibtihaj Muhammad.

Article 19: I have the right to be protected from being hurt or badly treated

Arwyr Go lawn / Real Superheroes — Julia Seal

A heartwarming thank you to the essential workers who help us every day. From supermarket staff and firefighters to doctors and nurses, this charming picture book celebrates the brave, everyday heroes who keep our world turning through difficult times.

The Boy in the Dress - David Walliams

12-year-old Dennis lives with his older brother John and their Dad. Dennis misses his mother, who has left them. When Dennis experiments with dressing in girls' clothes and even goes to school in a dress, he is taunted and teased by the other children and expelled by the Head Teacher. Playing in a football match wearing a dress, rather than his usual football kit, gets him seen in a different light and his story turns a corner. A light-hearted story exploring family relationships, freedom of choice and tolerance of difference.

Wonder - R.J. Palacio

August Pullman (Auggie) has a severe facial deformity and is home-educated until the age of 10, when he begins to attend school. The story is not just told from Auggie's perspective, but also through the eyes of his family and friends - following his fears and challenges as he comes to terms with other children's reactions to his appearance. It's an emotional journey and a superb book to start discussions about accepting people for who they are, empathy and the importance of friendships.

Bad Girls - Jacqueline Wilson

Mandy is 10 and bullied at school, but finds friendship with an older, streetwise girl who is being fostered by a neighbour. Tanya is 14 and always seems to be in trouble. Mandy's overprotective parents are not keen on their friendship. This story sensitively deals with issues of friendships, family relationships, loyalty and acceptance.

All the Things that Could Go Wrong - Justine Laismith

Dan is angry. Nothing has been the same since his big brother left, and he's taking it out on the nearest and weakest target: Alex.

Alex is struggling. His severe OCD makes it hard for him to leave the house, especially when Dan and his gang are waiting for him at school . . .

Then the boys' mums arrange for them to meet up and finish building the raft that Dan started with his brother. Two enemies stuck together for the whole of the school holidays — what could possibly go wrong?

Article 20: I have the right to special protection and help if I can't live with my own family

Article 21: I have the right to have the best care if I am adopted

We belong together: a book about adoption and families - Todd Parr

We belong together because....

You needed a home

I had one to share

Now, we are a family

A book exploring Adoption

Delly Duck: Why a little chick couldn't stay with his birth mother. A foster care and adoption book for children - Holly Marlow

When Delly Duck lays an egg, she is excited for it to hatch. But she doesn't really know how to keep an egg safe, or how to look after her chick when he hatches. See how a concerned goose tries to help Delly to learn how to care for her chick, in this touching adoption story.

We love you hundreds and thousands: A children's picture book about foster care and adoption - Dara Read

We Love You Hundreds and Thousands enables children who are fostered and adopted to frame their identity in a positive way from a very young age. Written by an adoptee who is now a mother, this vibrant and touching story is about belonging and having a strong sense of self.

The book aims to promote a strong sense of security and self confidence in children who are fostered and adopted. Embedded in it is a special message for them — you are loved enormously.

This unique children's picture book is also a window into the life of a diverse family and an insight into the special bond between a child and their foster or adoptive parents. It will support parents, families, friends, classrooms and communities to talk about adoption and foster care in an open and loving way.

Elfa and the box of Memories - Michelle Bell

Looked after children may have more difficult memories than most, because of separation and loss and traumatic events that may have taken place. In this charming picture book, Elfa the elephant discovers that sharing her memories and remembering the good things that happened is more helpful than keeping them locked away.

The story of Tracey Beaker - Jacqueline Wilson

Told in Tracy's own words, Jacqueline Wilson's hugely popular series of books features a 10-year-old with a wild imagination and a short fuse who lives in a children's home and would like a real home of her own. Touching and funny.

Nutmeg Gets Adopted - Judith Foxon

The story of a small red squirrel, Nutmeg, and his younger sister and brother who go through the process of separation, foster care and then going to live with a new, adopted family when their mother is unable to look after them and keep them safe.

The Most Precious Present in the World - Becky Edwards

Mia has different hair and eye colour to her mum and dad. Why? In a dialogue between a little girl and her adoptive mother, this simple, reassuring book explores some of the questions that adopted children ask.

A Safe Place for Rufus - Jill Seeney

Rufus the cat lives with a family who looks after him, feeds him his favourite foods and gives him lots of cuddles. He feels happy and safe, especially when he is lying on his favourite blue cushion. But he didn't always feel this way. The family that Rufus used to live with were not kind to him at all. Thinking about his past makes him angry and sad and Rufus struggles to escape from his memories and find a safe place where he can just relax and be himself.

The Blanket Bears - Samuel Langley-Swain

An accessible, warm-hearted story, written by an adoptive parent, centred around two young bears who find themselves out in the cold, alone, and begin their journey to being adopted into a

forever family. The story acknowledges the mix of emotions children being adopted can feel - the fear and worry, as well as the joy of experiencing love and kindness from their new carers.

Article 22: If you are a refugee, you have the same rights as any other child in the country.

Y Crwt yn y Cefn / The boy at the back of the class — Onjali Rauf

There used to be an empty chair at the back of my class, but now a new boy called Ahmet is sitting in it. He's nine years old (just like me), but he's very strange. He never talks and never smiles and doesn't like sweets - not even lemon sherbets, which are my favourite!

But then I learned the truth: Ahmet really isn't very strange at all. He's a refugee who's run away from a War. A real one. With bombs and fires and bullies that hurt people. And the more I find out about him, the more I want to help.

That's where my best friends Josie, Michael and Tom come in. Because you see, together we've come up with a plan. . .

The Journey — Francesca Sanna

What is it like to have to leave everything behind and travel many miles to somewhere unfamiliar and strange? A mother and her two children set out on such a journey; one filled with fear of the unknown, but also great hope. Based on her interactions with people forced to seek a new home, and told from the perspective of a young child, Francesca Sanna has created a beautiful and sensitive book that is full of significance for our time.

My name was Hussein - Hristo Kyuchukov

Offers readers a tale about racial and religious prejudice as a young boy named Hussein is forced to change his name and his family forced to change their ways when a group of soldiers marches into their small village in Bulgaria and takes away the rights of all the Muslims living there.

Welcome to Nowhere - Elizabeth Laird

Twelve-year-old Omar and his brothers and sisters were born and raised in the beautiful and bustling city of Bosra, Syria. Omar doesn't care about politics — all he wants is to grow up to become a successful businessman who will take the world by storm. But when his clever older brother, Musa, gets mixed up with some young political activists, everything changes . . .

When Stars Are Scattered - Victoria Jamieson and Omar Mohamed (Graphic Novel)

A heart-wrenching true story about life in a Kenyan refugee camp that will restore your faith in real-life happy endings.

Omar and his brother Hassan, two Somali boys, have spent a long time in the Dadaab refugee camp. Separated from their mother, they are looked after by a friendly stranger. Life in the camp isn't always easy. The hunger is constant... but there's football to look forward to, and now there's a chance Omar will get to go to school...

With a heart-wrenching fairytale ending, this incredible true story is brought to life by Victoria's stunning illustrations. This book perfectly depicts life in a refugee camp for 8-12 year olds.

King of the sky - Nicola Davies

Starting a new life in a new country, a young boy feels lost and alone - until he meets an old man who keeps racing pigeons. Together they pin their hopes on a race across Europe and the special bird they believe can win it: King of the Sky.

Article 23: If I have a disability, I have the right to special care and education.

Anableddau - Lousie Spilsbury

The 'Questions and Feelings' series encourages children to consider their emotions and discuss topics that can be hard for them to understand. This book contains suggestions and activities as well as advice for parents, carers and teachers.

Drwy fy llygid / Through the eyes of me - Jon Richards

Through the Eyes of Me is a beautiful, colourful, illustrated book for children that allows a glimpse into the world of a child with autism. Readers will meet 4-year-old Kya who loves to run, read, look at and rip up stickers. Discover why Kya does certain things, doesn't like some things, and really, really loves other things. This wonderful book is an ideal and engaging tool for teaching children about autism and about life as a child with autism.

Article 24: You have the right to clean water, healthy food, a clean environment and good healthcare.

Y lindysyn llwglyd iawn /The Hungry Caterpillar — Eric Carle

Y Goeden Ioga and Y Wariar Bach- Leisa Mererid

A story and picture book which introduces simple yoga positions to children and adults. This book takes us to the world of nature and the life cycle of the seed as it sprouts and grows into a big strong tree and grows leaves. But quickly the autumn comes and the wind blows the seeds away and begins the circle anew

Mindful Monsters — Fae Sylva

All the Rainbow Monsters are Mindful Monsters too, Respecting one another, like all good monsters do. The Rainbow Monsters are back, teaching you how to be mindful. If you want to grow up as fit, healthy, happy and strong as a monster, join them in their colourful antics.

Monsters Don't Eat Broccoli — Barbara Jean Hicks

What do monsters eat? The waitress in this restaurant just doesn't have a clue. Monsters don't eat broccoli!

How could she think we do? In this rollicking picture book written by Barbara Jean Hicks and illustrated by Sue Hendra, monsters insist they don't like broccoli. They'd rather snack on tractors or a rocket ship or two, or tender trailer tidbits, or a wheely, steely stew. But boy do those trees they're munching on look an awful lot like broccoli. Maybe vegetables aren't so bad after all! This hilarious book will have youngsters laughing out loud and craving healthy monster snacks of their own.

This book also links to Article 3: adults should always do what is best for you.

The Worrysaurus - Rachel Bright

It's a beautiful day and Worrysaurus has planned a special picnic. But it isn't long before a small butterfly of worry starts fluttering in his tummy...What if he hasn't brought enough to eat? What if he gets lost in the jungle? What if it rains?!With a little help from his mom, Worrysaurus finds a way to soothe the anxious butterflies, chase his fears away, and find peace and happiness in the moment at hand.

Article 26: You have the right to clean water, healthy food, a clean environment and good healthcare.

It's a no-money day - Kate Milner

Mum works really hard, but today there is no money left and no food in the cupboards. Forced to visit the local foodbank, Mum feels ashamed that they have to rely on the kindness of others, but her young daughter can still see all the good in her day like reading and drawing, and even the foodbank. Maybe one day things will be different but for now together they brighten up even the darkest of days.

Article 30: I have the right to speak my own language and to follow my family's way of life.

Y ferch newydd / The new girl - Nicola Davies

Kiku starts a new school in a strange new town. The children in her class are unfriendly towards her and refuse to include her. Kiku helps introduce the other children to the art of paper folding, creating many different kinds of flowers and introducing them to her culture, helping to transform the children's attitude towards her and their vision of themselves and their own lives in this inspiring story.

General Right Related

I have the right to be a Child by Alain Serres

'I Have the Right to Be a Child' is a multi-layered teaching resource for primary schools that children can read and respond to at their own levels. A brilliant book for classroom and home discussion on the complexities implied by the term rights and the big questions about what it means to have rights in the

world we live in today. Teachers' notes and activity ideas available from Amnesty International and the publisher's website.

Malala's Magic Pencil by Malala Yousafzai

As a child in Pakistan, Malala made a wish for a magic pencil that she could use to redraw reality. She would use it for good; to give gifts to her family, to erase the smell from the rubbish dump near her house. (And to sleep an extra hour in the morning.)

As she grew older, Malala wished for bigger and bigger things. She saw a world that needed fixing. And even if she never found a magic pencil, Malala realized that she could still work hard every day to make her wishes come true.

This beautifully illustrated picture book tells Malala's story, in her own words, for a younger audience and shows them the worldview that allowed her to hold on to hope and to make her voice heard even in the most difficult of times.

This book links to a number of children's rights: Article 2, Article 12, Article 14, Article 26, Article 27, Article 28, and Article 29.