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www.east-ayrshire.gov.uk/libraries

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Wszystkie nasze publikacje są dostępne w różnych językach, dużym drukiem, brajlem (tylko w wersji angielskiej), na taśmie dźwiękowej lub w innym formacie Twojego wyboru.

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ਸਾਡੇ ਸਾਰੇ ਪਰਚੇ ਅਤੇ ਕਿਤਾਬਚੇ ਵਗੈਰਾ ਵੱਖ ਵੱਖ ਭਾਸ਼ਾਵਾਂ ਵਿਚ, ਵੱਡੇ ਅੱਖਰਾਂ ਅਤੇ ਬ੍ਰੇਲ (ਸਿਰਫ ਅੰਗਰੇਜ਼ੀ) ਵਿਚ, ਆੱਡੀਓ ਟੇਪ 'ਤੇ ਜਾਂ ਤੁਹਾਡੀ ਮਰਜ਼ੀ ਅਨੁਸਾਰ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ ਵੀ ਮਿਲ ਸਕਦੇ ਹਨ।

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كافة مطبوعاتنا متاحة بلغات مختلفة و بالأحرف الطباعية الكبيرة و بطريقة بريل الخاصة بالمكفوفين (باللغة الإنكليزية فقط) و على شريط كاسيت سمعي أو بصيغة بديلة حسب خيارك.



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Growing and changing



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All our publications are available in other formats

Talk about it!

How do you talk to your child about body changes, relationships and sex?



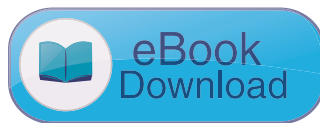
How much information is enough and how much is too much?

NHS Ayrshire & Arran and Ayrshire Libraries have put together a selection of books to help you discuss growing up, puberty, sex and sexual health and wellbeing with your child. The books are available from all libraries.

Remember if your library does not stock the book you are after you or your child can request it free of charge.

eBooks

eBooks are also available from your local library.



eBooks are downloadable books and audio books which you can read or listen to on your computer or on

a mobile device such as an eBook reader, mobile phone, iPod or MP3 player.

All you need is a computer or mobile device, an internet connection, a valid library card and PIN code (available from your library). eBooks are easy to use, available 24 hours a day and there are no late fees - simply browse, checkout and download.

For more information and guidance on how to use eBooks, please visit your local authority library website.

Web sites for further information

- www.shayr.com
- www.youngscot.org
- www.syp.org.uk
- www.youngscot.net
- www.dialogueyouth.org
- www.bbc.co.uk/parenting
- www.thesite.org
- www.brook.org.uk
- www.mariestopes.org.uk
- www.thinkuknow.co.uk



Children and young people

Children and young people will be curious and ask questions about sexual health and relationships at different stages.

The books available include information about the following areas:

For toddlers and young children:

- mummy is having another baby;
- how mummy feeds her baby;
- having a brother / sister; and
- friendship.

For teenagers and children who are approaching puberty:

- friendship;
- getting hairy;
- changes for boys; and
- changes for girls.



For a full list of all available books, please visit www.shayr.com

Books and other resources suitable for children with a learning disability are available free from charge from: www.healthinfoshop.scot.nhs.uk