

# The H Foundation Recommended Childrens Book List

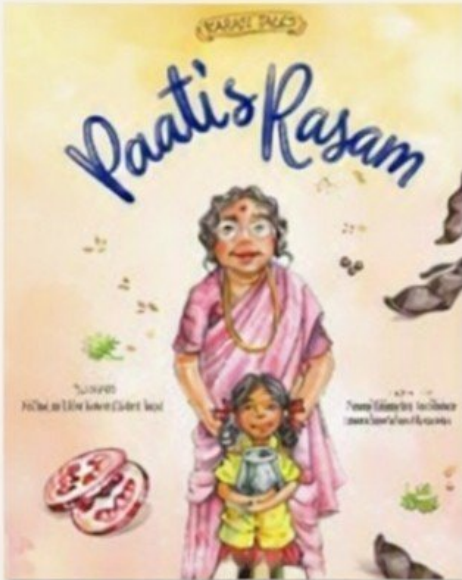
Let's help families by opening up conversations around culturally avoided topics. When families can speak openly about issues that often become stigmas, they create understanding, safety, and healthier connections.

Find below some recommended books that allow parents to talk to their children about these topics. We hope they help you support your child.

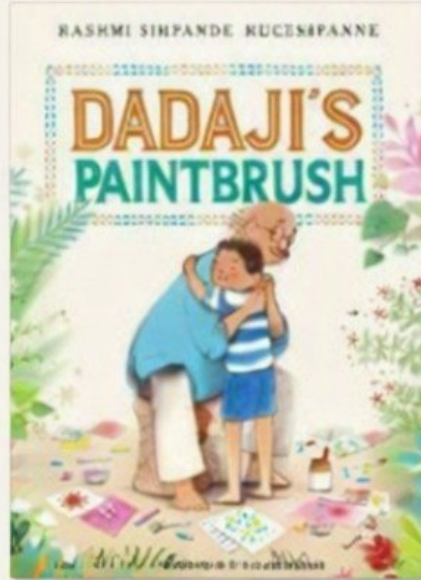
The authors of these books are mainly of South Asian Heritage and we are proud of how they have addressed these topics through the media of children's story books. This is what is needed to help support children with understanding.



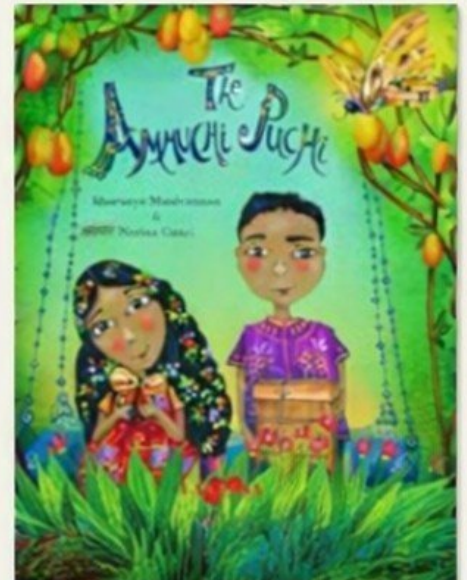
# Grief & Loss



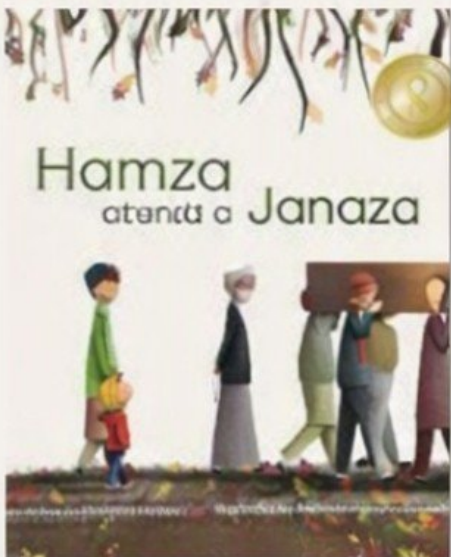
**Paati's Rasam**  
Janaki Sabesh &  
Dhwani Sabesh



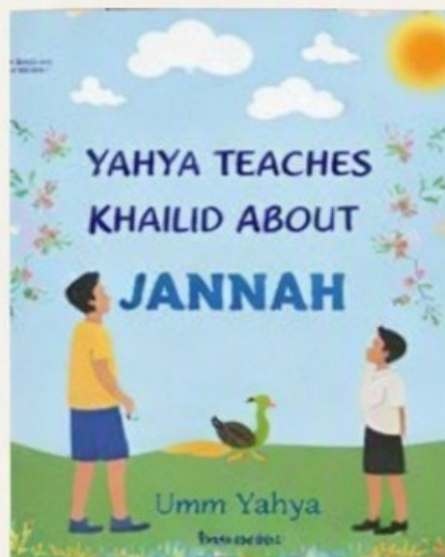
**Dadaji's Paintbrush**  
Rashmi Sirsheds  
Phaoini Bascha



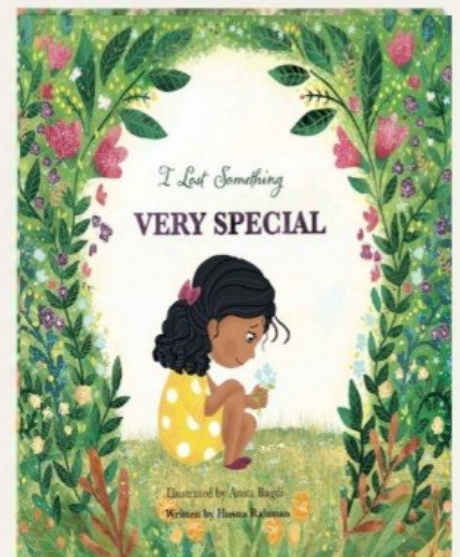
**The Ammuchi Puchi**  
Sharanya Manivannan  
Netwii Chrisi



**Hamza attends a  
Janaza**  
by Shabana Husain



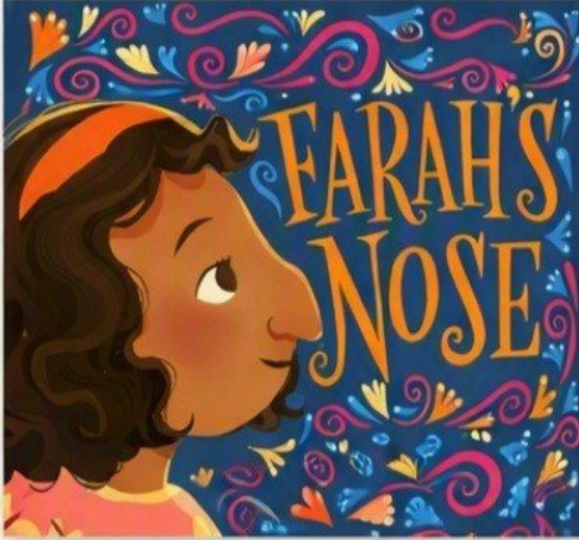
**Yahya Teaches  
Khalid About  
Jannah**  
by Umm Yahya



**I Lost Something  
VERY SPECIAL**  
Husna Rahman

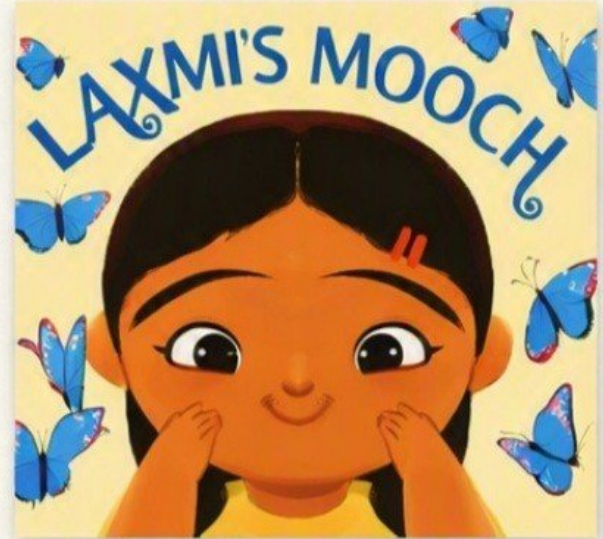
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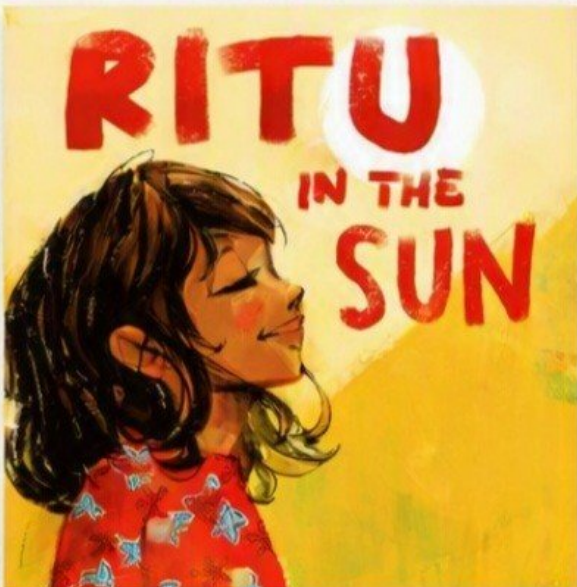
Farah's Nose

Humera Malik & Chaaya Prabhat



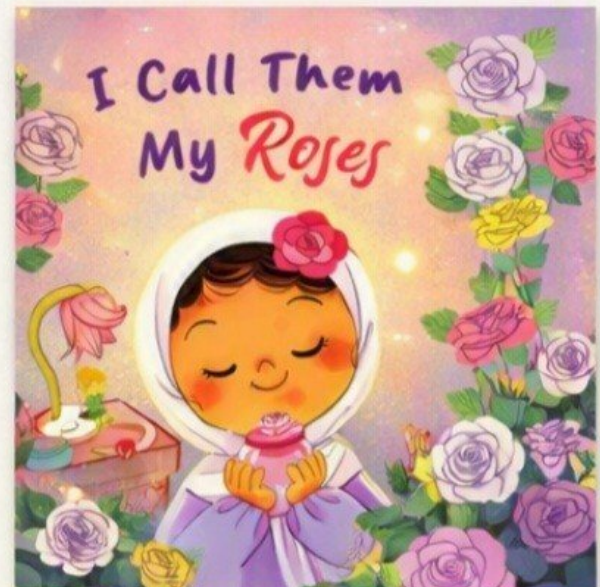
Laxmi's Mooch

Shelly Anand & Nabi H. Ali



Ritu in the Sun

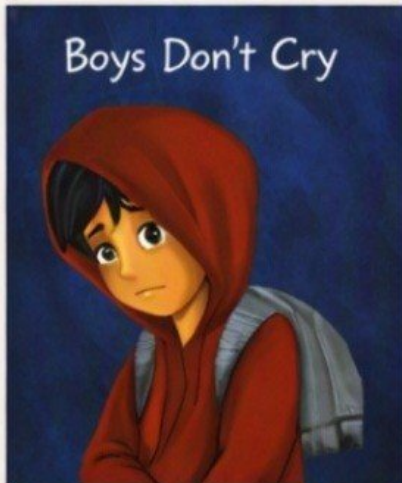
Moniza Hossain & Merce López



I Call Them My Roses

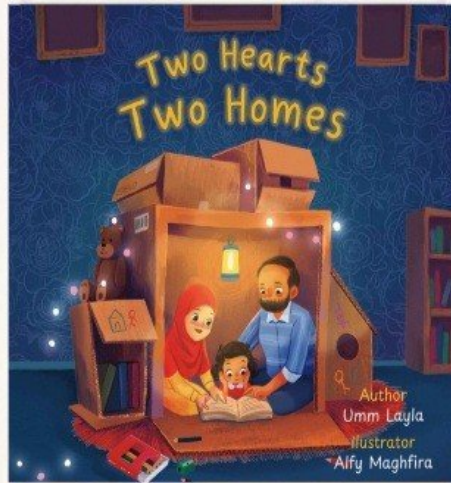
Mahima Miah & Bella Ansori

# Taboo Topics



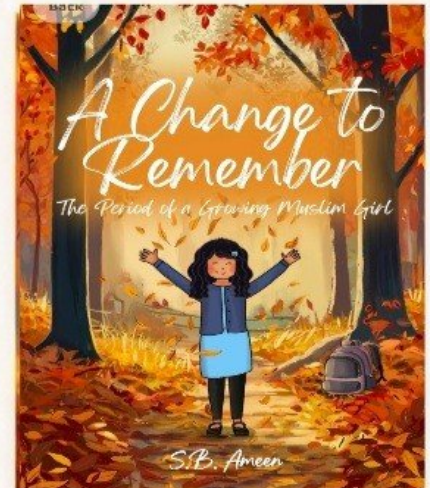
**Boys Don't Cry**

Husna Rahman & Anita Bagdi



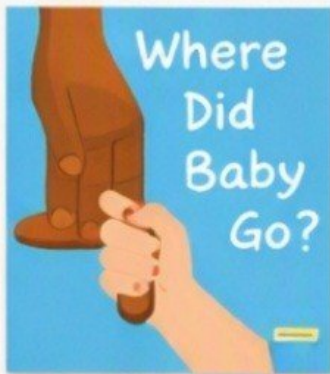
**Two Hearts Two Homes**

Umm Layla & Alfy Maghfira



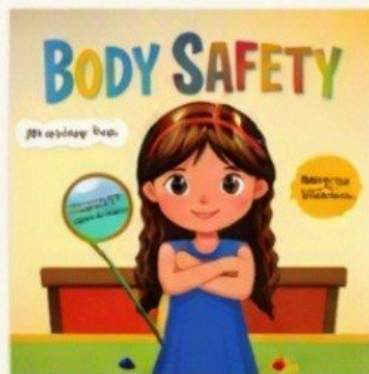
**A Change to Remember**

S.B. Ameen



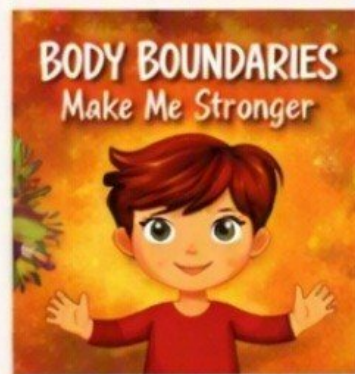
**Where Did Baby Go?**

SCR



**Body Safety**

Adrian Laurent



**Body Boundaries  
Make Me  
Stronger**

Elizabeth Cole



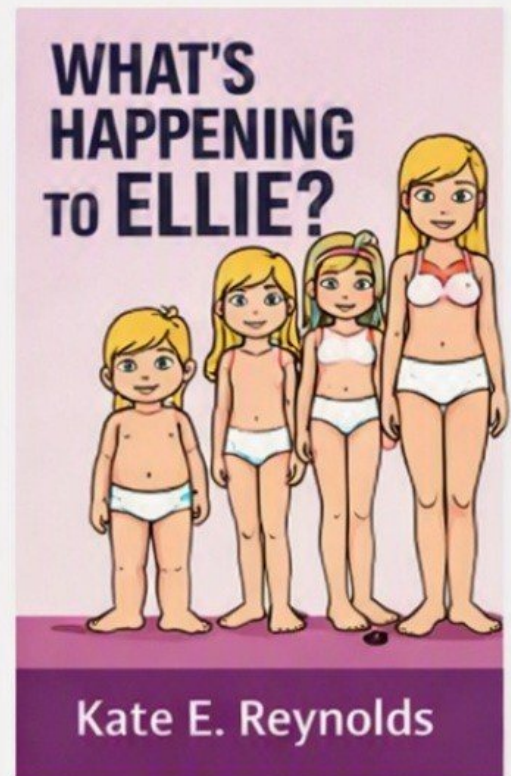
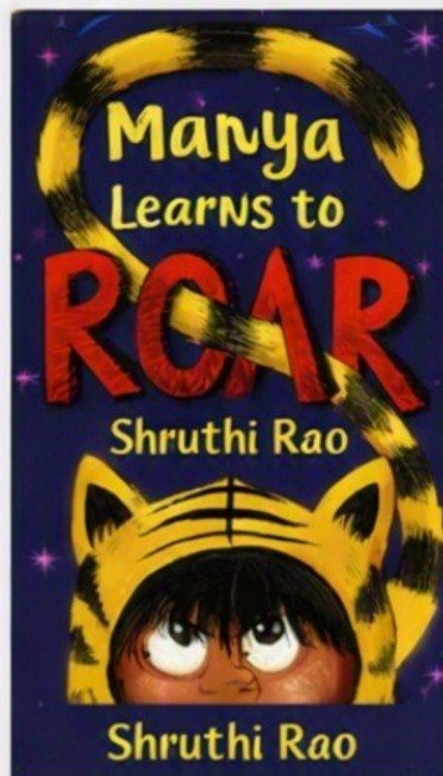
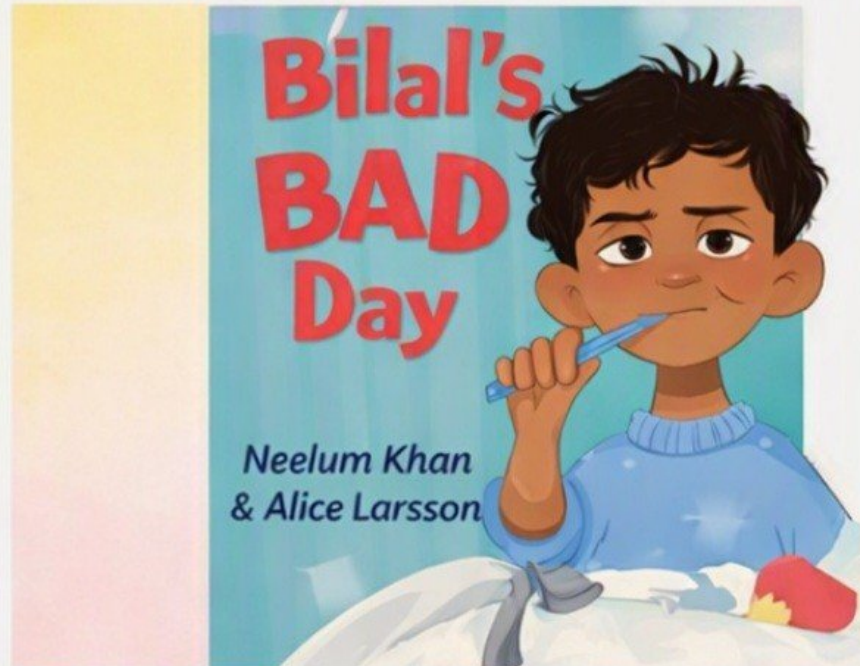
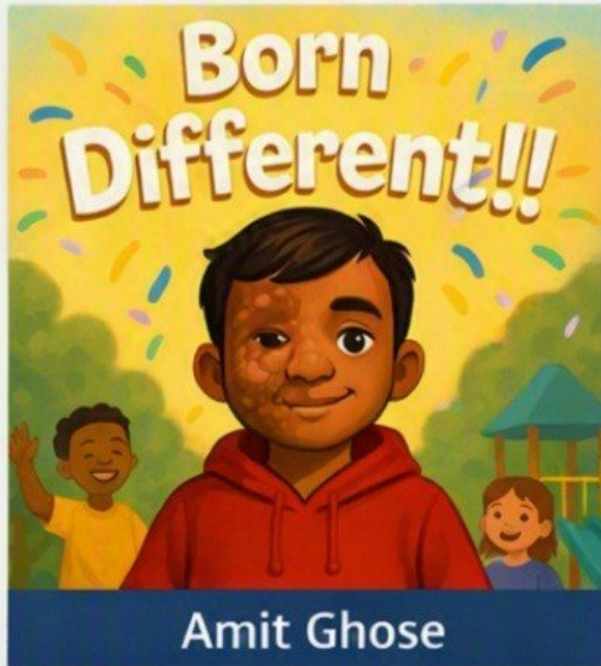
**We had to say  
Goodbye before  
we even met**

Irene Teague & Gráinne Knox

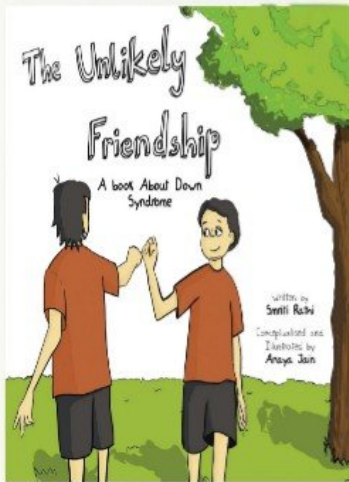
# SEND

## Book list

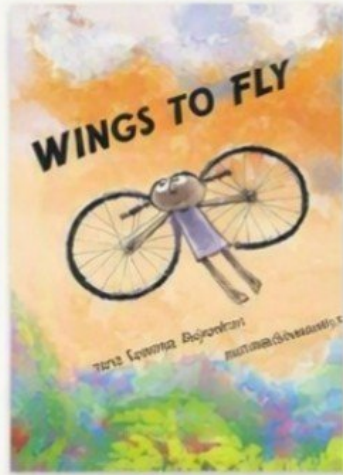
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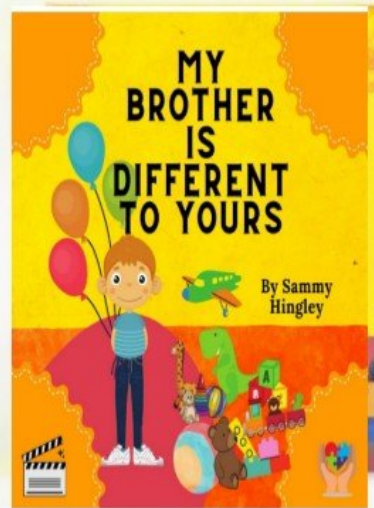
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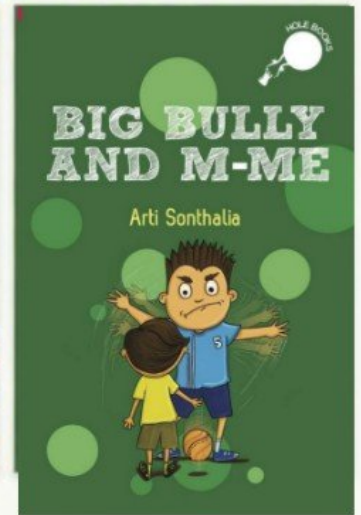
Smriti Rathi



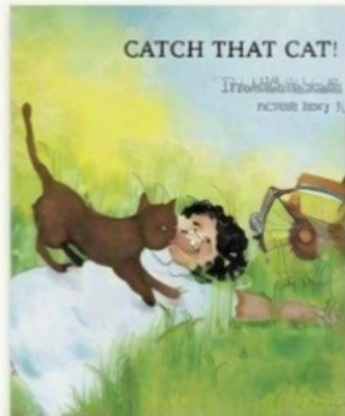
Wings to Fly  
Arun Kauthsik



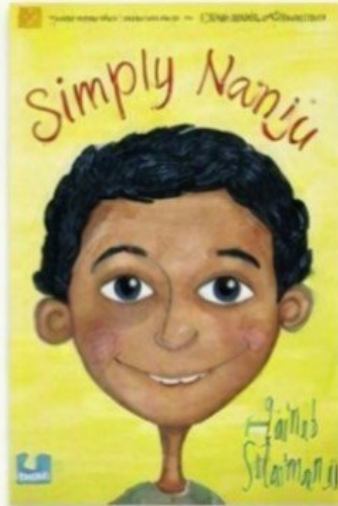
Sammy Hingley



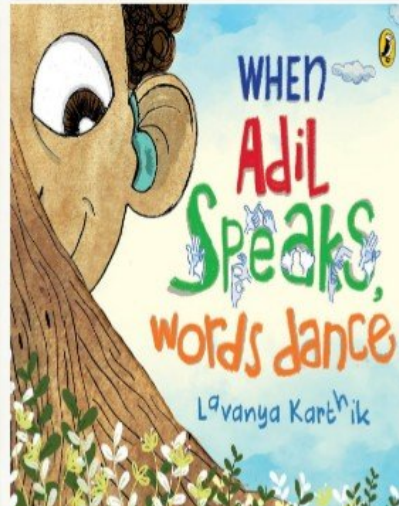
Arti Sonthalia



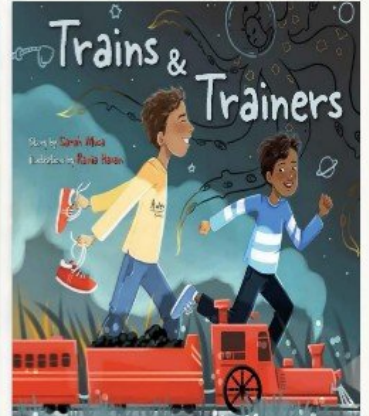
Catch That Cat!  
Tharini Visaianan



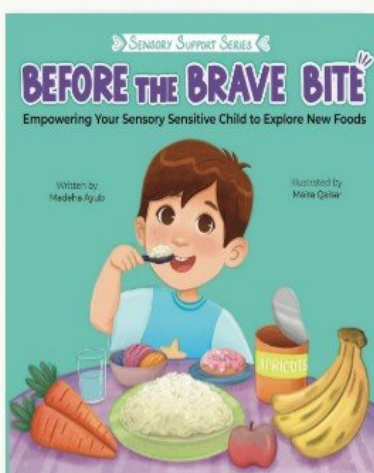
Zainab Sulaiman



Lavanya Kartnik



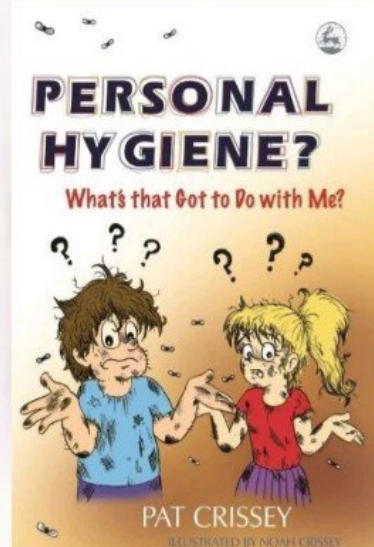
Trains & Trainers  
Sarah Musa  
Ibrahim Aania Hasan



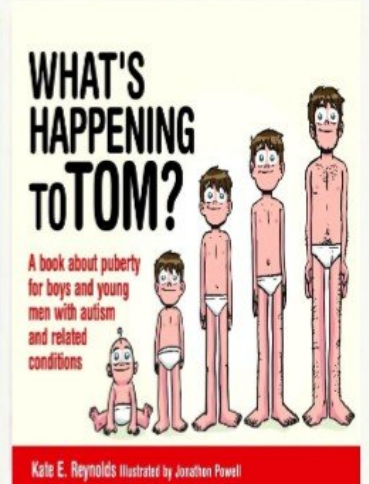
Madeha Ayub



Shaila Abdullah

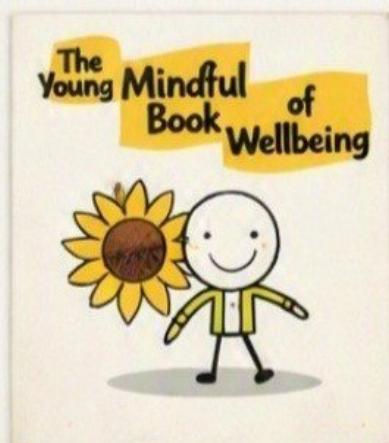


Pat Crissey

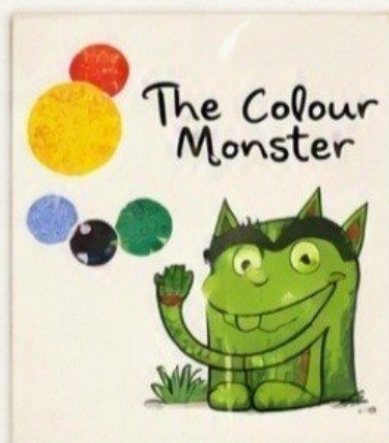


Kate E Reynolds

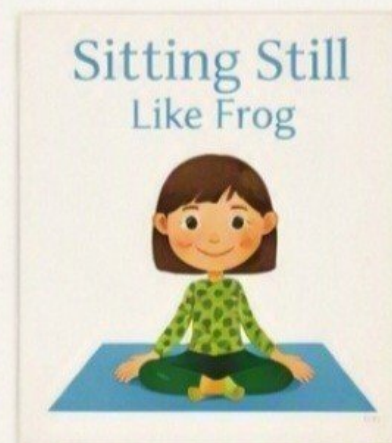
# Wellbeing



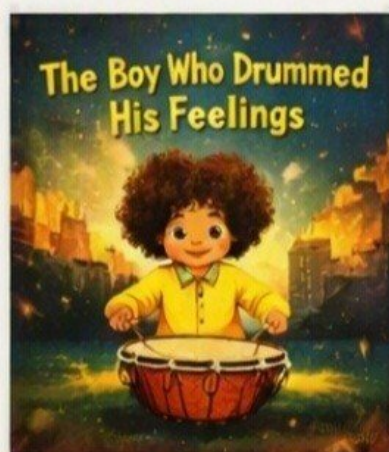
The Young Muslim's  
Mindful Book of Wellbeing  
Zanib Mian



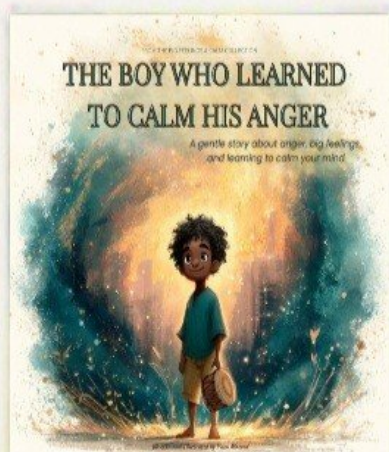
The Colour Monster  
Anna Llenas



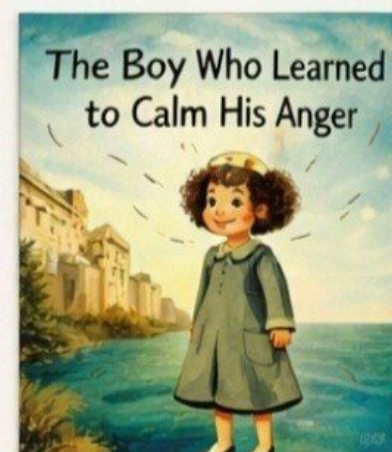
Sitting Still Like a Frog  
Eline Snel



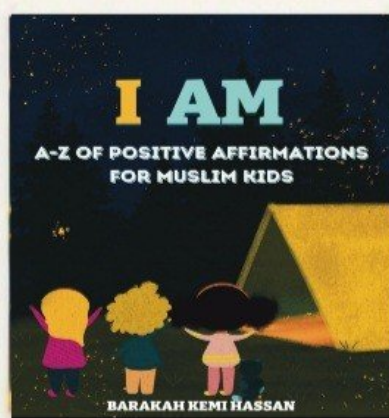
The Boy Who Drummed  
His Feelings  
Fizza Masood



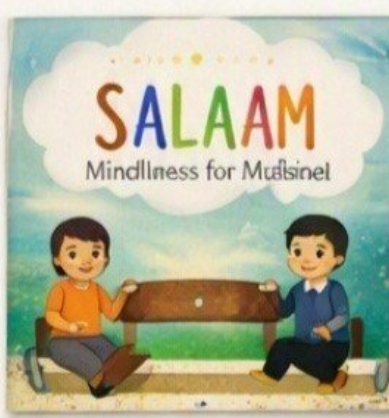
The Boy Who Learned to  
Calm His Anger  
Fizza Masood



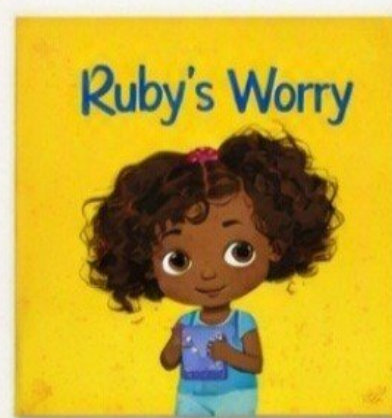
The Girl Who Calmed  
Her Worries  
Fizza Masood



Barakah Kemi Hassan



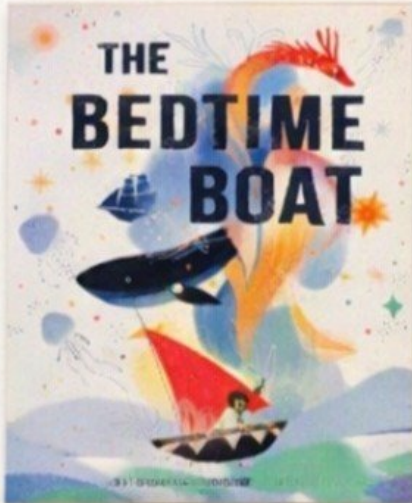
SALAAM:  
Mindfulness for Muslims



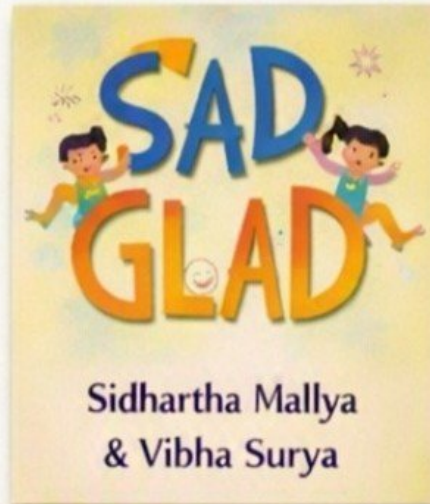
Ruby's Worry  
Tom Percival

# Wellbeing

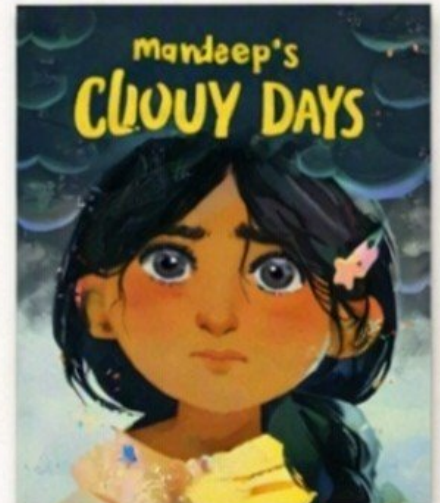
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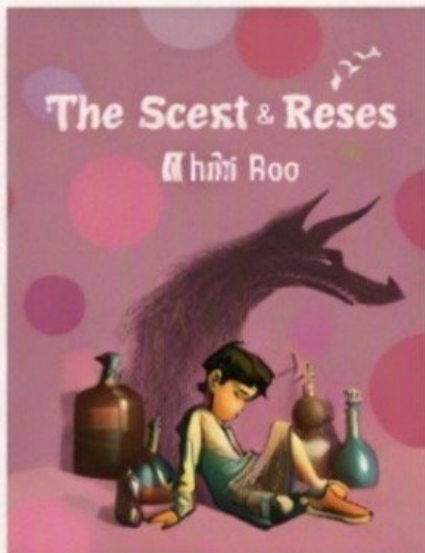
**The Bedtime Boat**  
Sital Gorasia Chapman



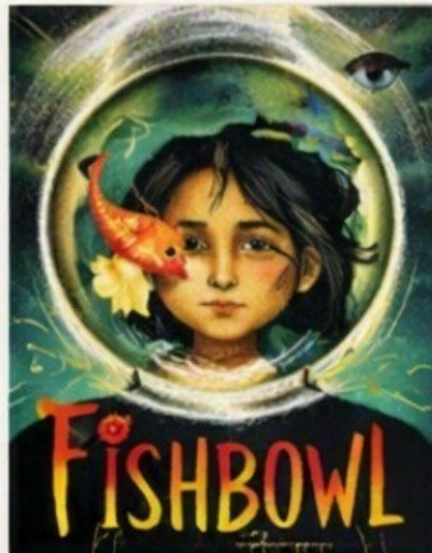
**Sad Glad**



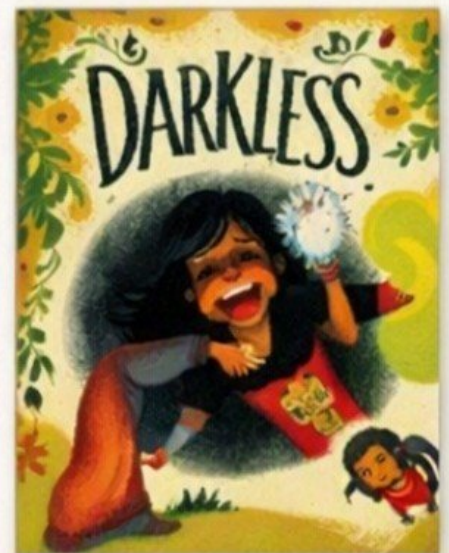
**Mandeep's Cloudy Days**  
Kuljinder Kaur Brar  
& Samrath Kaur



**The Scent of Roses**  
Adithi Rao

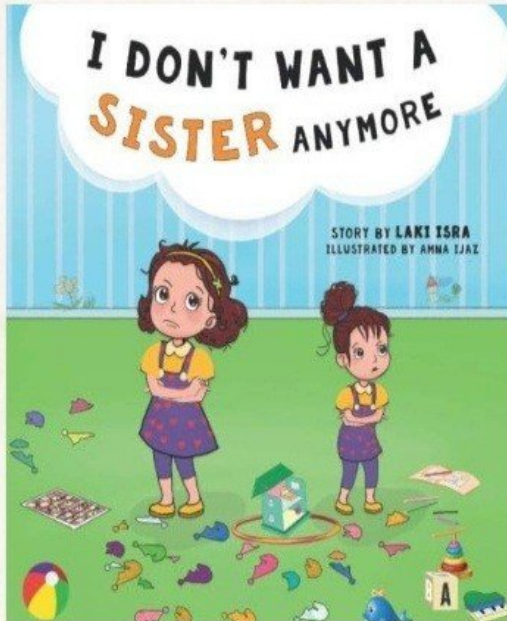


**Fishbowl**  
Varsha Seshan

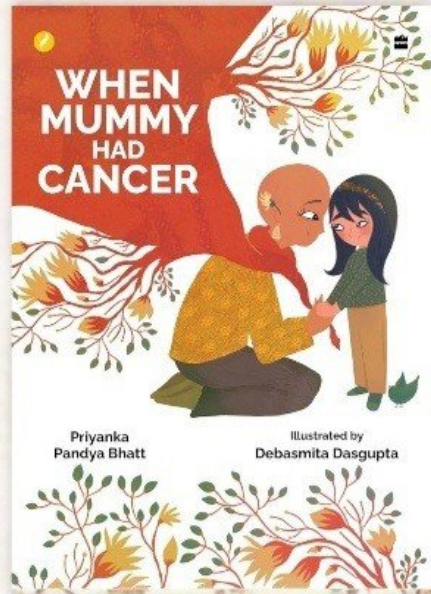


**Darkless**  
Tanu Shree Singh &  
Sandhya Prabhat

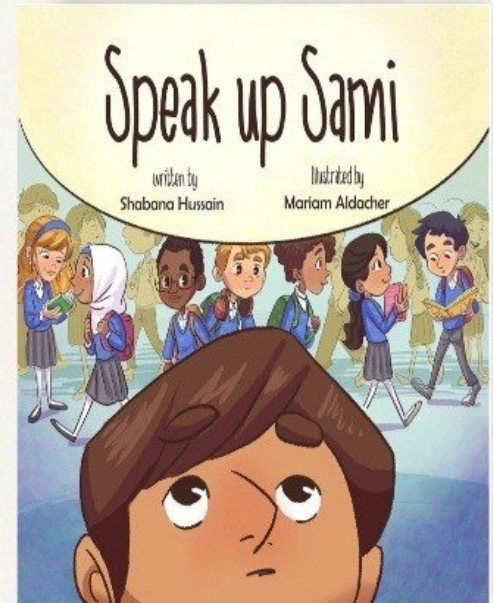
# Social Situations



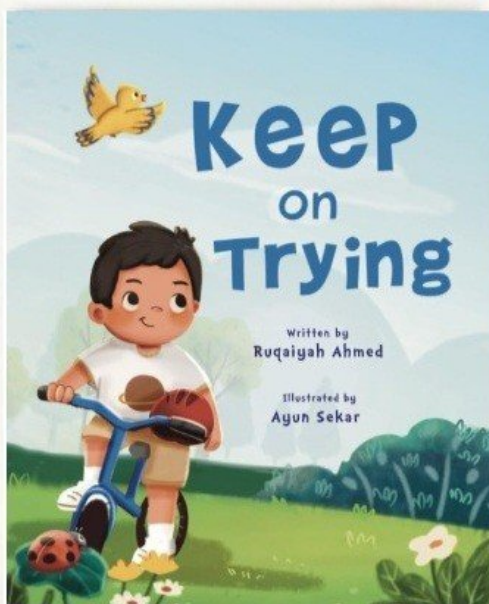
I Don't Want A  
Sister Anymore  
LAKI ISRA



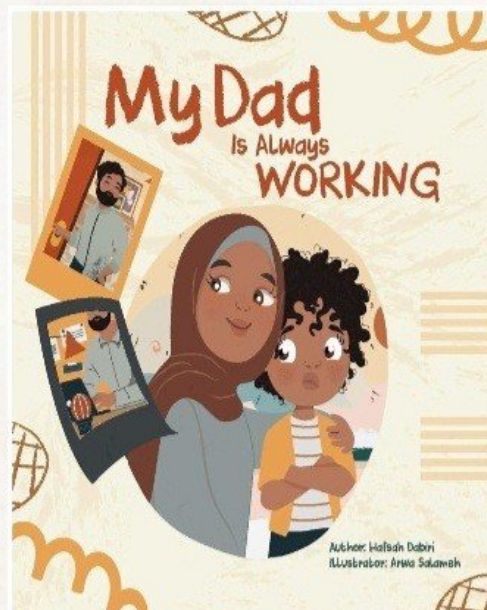
Priyanka Pandya  
Bhatt



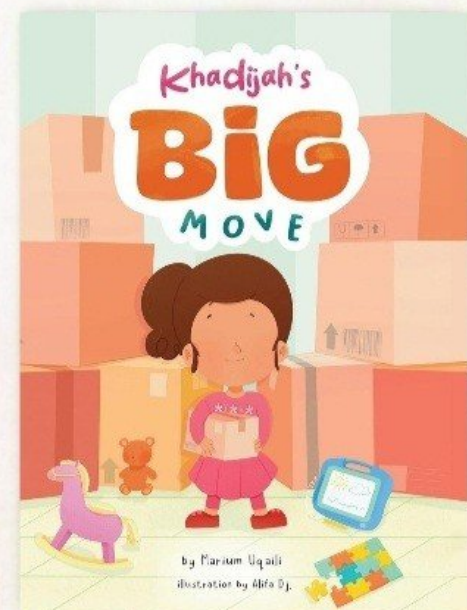
Speak Up Sami  
Shabana Hussain



Keep on Trying  
Ruqaiyah Ahmed

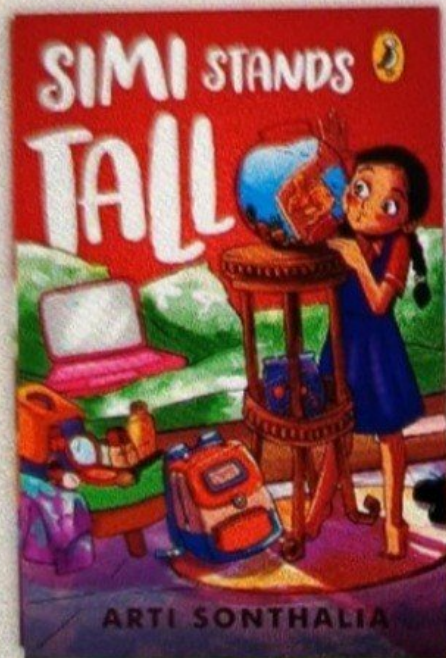


My Dad Is Always  
Working  
Hafsah Dabiri

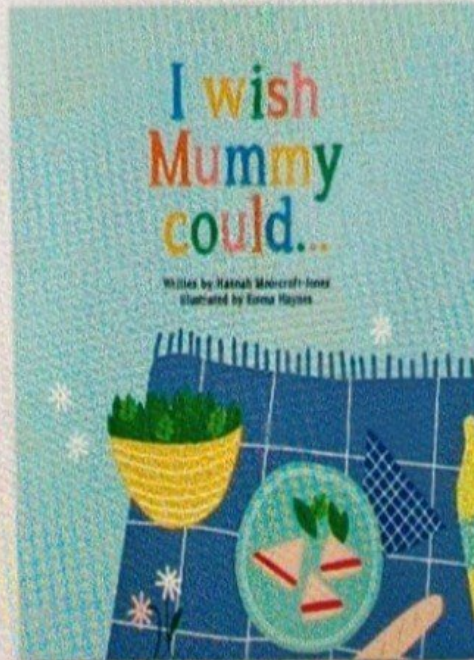


Khadijah's Big Move  
Mariam Uqaili

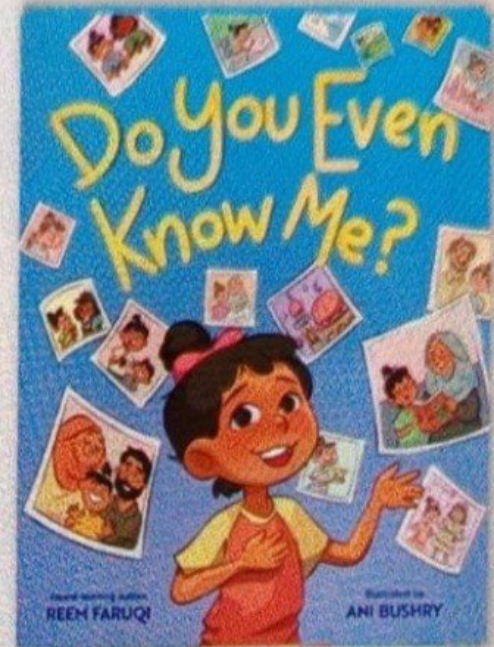
# Social Situations



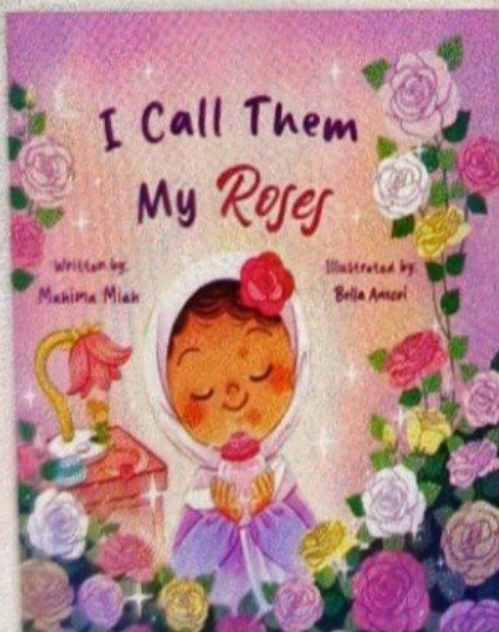
Simi Stands Tall  
Arti Sonthalia



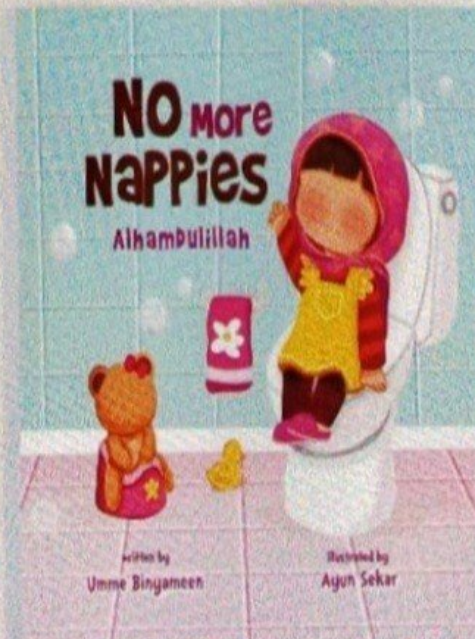
I Wish Mummy Could...  
Hannah Moorcroft-Jones



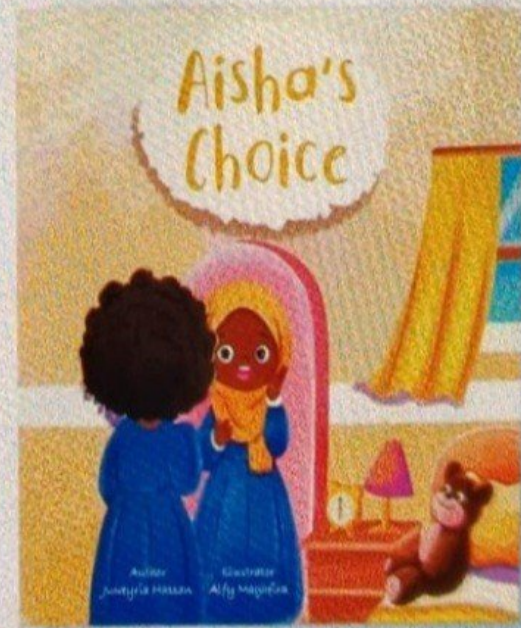
Do You Even Know Me?  
Reem Faruqi



Mahima Miah



No More Nappies  
Umme Binyameen



Aisha's Choice  
Juweyria Hassan