

Recommended Reading List

Cambridge National in Child Development (J809)

Essential Course Text

Cambridge National Child Development Student Book

Publisher: Hodder Education / OCR-approved resources

Why read it?

- Written specifically for the OCR specification
- Covers all assessed content
- Includes exam-style questions and coursework support

1. *The Book You Wish Your Parents Had Read*

Author: Philippa Perry

Why it's useful:

- Explains how children develop emotionally
- Explores positive relationships and communication
- Easy to read and highly relatable

Links to:

- Child development
- Emotional development
- Parent-child relationships

2. *What's Going on Inside My Head?*

Author: Molly Potter

Why it's useful:

- Introduces emotional and social development
- Helps students understand how children think and feel
- Accessible for teenagers

Links to:

- Social development
- Emotional development
- Behaviour

3. *All About Me: My Amazing Body and Mind*

Publisher: DK

Why it's useful:

- Explains growth and development in an age-appropriate way
- Supports understanding of physical development

Links to:

- Growth and development milestones
- Physical development

4. What's Happening to Me?

Author: Susan Meredith

Why it's useful:

- Introduces reproduction and human development
- Explains pregnancy and birth clearly

Links to:

- Reproduction
- Pregnancy
- Childbirth

5. The Science of Babies

Author: Andy Cope

Why it's useful:

- Looks at how babies learn and develop
- Introduces key developmental theories in a simple way

Links to:

- Cognitive development
- Learning through play

6. Eat Your Peas

Author: Kes Gray

Why it's useful:

- Fun introduction to healthy eating discussions
- Useful for understanding children's nutrition

Links to:

- Healthy diets
- Nutrition for young children

7. *Healthy Eating for Children*

Publisher: Usborne (or equivalent children's health titles)

Why it's useful:

- Introduces nutrients and healthy food choices
- Supports coursework on child nutrition

Links to:

- Childhood nutrition
- Healthy meal planning

8. *The Teenage Guide to Stress*

Author: Nicola Morgan

Why it's useful:

- Explains how the brain develops
- Introduces psychological concepts relevant to development

Links to:

- Emotional development
- Behaviour
- Wellbeing

9. *Psychology for Beginners*

Publisher: DK

Why it's useful:

- Introduces child development theories
- Helps students understand behaviour and learning

Links to:

- Cognitive development
- Child psychology

10. *Wonder*

Author: R.J. Palacio

Why it's useful:

- Explores inclusion, empathy and relationships
- Encourages discussion about social and emotional development

Links to:

- Social development
- Communication
- Individual needs

11. *A Kind of Spark*

Author: Elle McNicoll

Why it's useful:

- Explores neurodiversity and inclusion
- Encourages understanding of additional needs

Links to:

- Inclusive practice
- Child-centred care