## VEGAN CHILDREN'S BOOKS

When we try to raise our children with maximum compassion, it's natural to find being surrounded by the message that animal exploitation is 'normal' difficult, and that's just us adults!

Children are particularly impressionable, and having a different lifestyle to some of their friends and classmates can be hard for them to understand. Add to that the fact it's not always easy to know how to explain veganism to children in a way that's both understandable and age appropriate, and that's where amazing books like these come in:



We're Vegan! by Anna Bean

With vivid illustrations and rhyming text that children aged three to eight will love, We're Vegan! tells the story of Petra and John, and their reasons for being vegan.

The ranks of children's books about veganism is on the rise, and these are just a few great examples. In a world where we're bombarded with animal exploitation on a daily basis, books like these are vital in teaching the next generation of compassionate individuals just how our lifestyle and food choices affect other animals on the planet.



Toro: A Calf's Tale by Michael Fleming

The story of Toro the calf and his escape from a factory farm, Fleming's book explains the cruelty of the dairy industry in a way that's suitable for children.

That's Not My Momma's Milk Written by Julia Barcalow, Ed. D. Illustrated by Kayleigh Castle

A wonderfully simplistic board book that helps families teach their children from the earliest age that a Momma's milk is intended for their own babies. Showing the bond between all sentient beings through breastfeeding.



Vegan is Love: Having Heart and Taking Action by Ruby Roth

Vegan is Love is just one of author-illustrator Roth's candid vet sensitive books that introduces children to veganism as a compassionate and sustainable lifestyle. From avoiding zoos and circuses to refusing to use products tested on animals, the book encompasses all aspects of veganism in a beautifully illustrated format.



The Three Little Pigs Save the Earth: A Vegan Fairytale by Scott Reeve

An enjoyable and challenging children's story with illustrations by Jessie Wang, The Three Little Pigs Save the Earth is a twist on the original tale, with the meeting between the pigs and the wolf turning out very differently!



**Emily Fowler** 

is a freelance writer in Birmingham (UK) expecting her first child this year. You can find her on Twitter and Facebook.