

Resources for Parents

Here is a list of resources for parents of transgender children, or parents of *any* child that has questions about gender.

BOOKS

Title	Info
Red: A Crayon's Story	<i>"So, I always recommend this book for folks with little kiddos ... It really explains the core concepts of identity in a way that's easy for kids and adults to understand. "Duh, I know you're saying I'm red, but I'm very clearly blue." I've bought like ten of them to give to parents to be."</i>
George	<i>"...(good for slightly older kids – like 8-9ish). George knows she's a girl, the adults in her life insist she's a boy. Her friends help her come up with a plan.</i>
Parrotfish	<i>...(more of a middle school level book) – Angela never felt quite right as a girl. Angela cuts her hair short, buys some new clothes and chooses the name Grady. Grady is happy but his family and friends aren't as accepting.</i>
Backwards Day	<i>... a book that seems to describe my childhood fantasy of being able to turn into a boy.</i>
10,000 Dresses	<i>"the first book for children depicting the experience of a child who is transgender, or at least gender-variant. Bailey's experiences, and the initial reactions of family members, are accurate and realistic, as is the importance of finding an understanding friend."</i>
Gracefully Grayson	<i>"A friend recommended the book "Gracefully Grayson" when our journey began. It is a YA fiction quick read, but really sweet. Liv read it in a day as did I and her father. I had her 10 and 11 year old siblings read it. I recommended it to friends and family and kids about 10 and up. It just felt so real to us. It talked about transitioning or the need to...in a way folks could understand."</i>
Sex is a Funny Word	<i>"Book for tweens that covers gender amongst other topics. Good book for adults to educate themselves, too."</i>

The Transgender Child: A Handbook for Families and Professionals	
The Gender Creative Child: Pathways for Nurturing and Supporting Children Who Live Outside Gender Boxes	
The Transgender Teen: A Handbook for Parents and Professionals Supporting Transgender and Non-Binary Teens	
The Gender Quest Workbook	<i>... recommended to me by a friend who is a social worker specializing in suicide prevention. The man who wrote the book is a psychology professor at Rhodes College and a trans man himself and he studies suicide among trans and gender nonconforming people. This is a book parents and their trans kids often read together. (comment from Reg – also highly recommend this one!)</i>

ONLINE PUBLICATIONS

Schools in Transition: A Guide for Supporting Transgender Students in K-12 Schools	<i>“This first-of-its-kind guide publication for school administrations, teachers, and parents about how to provide safe and supportive environments for all transgender students, kindergarten through twelfth grade. We are one of the groups that authored it. Some of the legal info in it is less certain now as some key cases work their way through the courts, so we suggest people contact us about any legal questions they have.”</i>	Reg Calcagno via Chris Hampton
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ORGANIZATIONS

Gender Odyssey Family	<i>An organization that hosts conferences and other means of</i>	Reg Calcagno via Chris Hampton
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	<i>support for transgender children and their families.</i>	
<u>Gender Spectrum</u>	<i>An organization that provides education, resources and training to help schools, health care providers, and family service agencies create a more gender sensitive and supportive environment for all children including gender variant and transgender youth.</i>	Reg Calcagno via Chris Hampton
<u>The Family Acceptance Project</u>	<i>... does research on how family acceptance or rejection impacts the long-term outcomes for LGBT kids. Everything they've done points to family acceptance as the single most important factor for these young people.</i>	Reg Calcagno via Chris Hampton
<u>TransYouth Family Advocates</u>	<i>A coalition of parents, friends and caring adults dedicated to educating and raising public awareness about the medical and cultural challenges faced by children with gender variant and gender questioning identities and the families who love them.</i>	Reg Calcagno via Chris Hampton
<u>Gender Diversity</u>	<i>This organization provides family support, works with schools, and provides community-building services to improve the well-being for people of all gender identities and expressions.</i>	Reg Calcagno via Chris Hampton
<u>Camp Aranu'tiq</u>	<i>Annual summer camps for transgender and gender-nonconforming children and teens and their families. The camps are in New England and California but welcome campers from anywhere. I have friends whose trans 12-year-old went to this camp last summer and she just loved it.</i>	Reg Calcagno via Chris Hampton

<p>Video: Kat Blaque on pronouns and misgendering:</p>	<p><i>Kat Blaque is a trans YouTube vlogger and in this video she explains what it feels like for her when someone uses male pronouns to refer to her. Adjusting to new pronouns is often so hard for parents that they just give up on trying, and this is a good primer on why they really need to work through that and use their child's pronouns.</i></p>	<p>Reg Calcagno via Chris Hampton</p>
<p>Parents of Transgender Children</p>	<p><i>Finally, I've heard good things about the Facebook group. It's a closed group, which means that you have to request to join and people who aren't members can't view your posts, but your friends CAN see that you've joined the group so be mindful of that if you decide to check it out. You don't want to inadvertently out your child just by joining!</i></p>	

MISC

<p>Steven Universe</p>	<p><i>Cartoon Network program that features non-binary characters that go by they/them pronouns.</i></p>	<p>Matthew Ryan Powell</p>
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