



Tips for Parents

Raising a Gender Variant Child IN-T.A.C.T.

According to the American Academy of Pediatrics, “A child’s awareness of being a boy or girl begins in the first year of life. Their gender identity is stable by age 4 and they know that they will always be a boy or a girl.”

Sexual orientation is different than gender identity. Gender Variance does not mean that your child will grow up to identify as gay, lesbian, or bisexual.

Trust yourself and your child, you’ve done nothing wrong. Children don’t always have the words to “TELL” you that they are trans or gender variant. Pay more attention to their cues and behaviors. You and your child will know best.

Accept where you and your child are now. You didn’t cause this and you can’t change it. Difference isn’t wrong....it just is. You didn’t “decide” what your gender was, you just knew. Your child didn’t decide either, he/she just knows. There is nothing as meaningful to a gender variant child than the support and acceptance of family, friends, teachers and the community.

Confidence and knowledge are essential. Viewing your child’s condition as a blessing and celebrating your child as one of your greatest gifts will bolster your child’s confidence and self esteem, as well as setting an example for others to view your child in the same light. Confidence and knowledge equal power.

Treatment is available. Making informed decisions to medically intervene at appropriate intervals may be essential to your child’s mental health and well being. Investigate the possibilities and don’t put off making decisions out of fear or denial. Seek support and/or therapy if you, your child or your family are struggling to accept your child’s gender expression. Nurture yourself, your child, and the rest of your family physically and mentally during this journey.