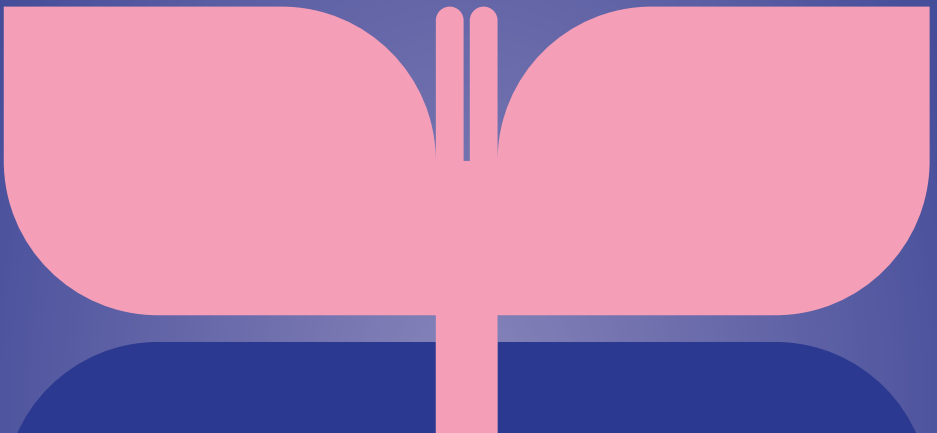


SUPPORTING A TRANS CHILD IN YOUR CARE

A resource for parents and carers of a young person who identifies as transgender, gender diverse or non-binary, or who are questioning their gender identity.



The word “trans” is used to describe people who are transgender, gender diverse or non-binary.

Trans, gender diverse and non-binary people are people whose gender is different than their sex assigned at birth and assumed gender.

This is a normal, human experience. Trans people have always existed. There is no right or wrong way to be trans.

Frequent Questions Parents/Carers Ask

Did I do something wrong?

No. A child being trans is not wrong, and it is not anyone’s fault. They are being honest about who they are.

Is it just a phase?

For some children, it might be a phase of exploration. However, many children know who they are at a young age, even if they haven’t mentioned it before. Listen to your child and try to keep an open heart.

What did I miss?

Nothing. Your child is growing into who they are. Everybody affirms their identity. For example, the clothes and haircuts we choose, wearing make up, having a tattoo, wearing an Aboriginal or Torres Strait Islander flag, belonging to a club, playing a sport, wearing the clothes that make us comfortable. Trans people do this too.

What if I make a mistake?

That’s okay. If you use the wrong name or pronoun, say sorry, and try again. Your effort shows you care.

Support does not mean encouragement to affirm their gender it means listening and believing the young person and finding the right care pathways for them.



When Your Support Begins

Building trust, respect, and emotional connection with young people is important for their wellbeing and sense of safety. When a young person shares they are trans, gender diverse, or non-binary, your reaction can either support or hurt them. There's no "right" way to feel, but your response matters.

Showing love, support, and willingness to learn goes a long way in helping a child feel safe, confident, and accepted.

Find Support For Yourself

It is ok to feel confused, to experience grief, or to not know what to do. You are not alone. Here are some things you can do to support yourself:

Learn about gender diversity – If you need more information, you can ask for help to find resources.

Connect with other families – Find others in similar situations. Join local parent groups or speak with someone to help you find community.

Remember it's a journey – Everyone in the family or household may need support at different times. Be patient and kind with each other.

Look after yourself – Caring for yourself helps you care for your child or the child in your care. Think about what you need to stay well.

Easy Ways to Show Love

- **Use their name and pronouns**
- **Listen when they talk, without judgement**
- **Let them wear what feels right**
- **Help them find appropriate medical and psychological care**

Making Sense of Change



You don't have to understand everything right away. Just showing love, listening, and learning bit by bit makes a big difference.

It's ok to have questions. It's ok to feel emotional, confused, sad or anxious. You are not alone, many parents feel this way.

There are people who can help you learn.

Why Your Love Matters

- When kids feel loved and safe, they are happier and healthier.
- Kids who are supported at home do better at school and in life.
- Living in an environment that is not supportive is linked to poor mental health, homelessness and suicide.
- Support from family and caregivers leads to higher self-esteem and better mental health.



DO

- Use their chosen name and pronouns
- Tell them you love them and support them
- Ask how they feel
- Learn together
- Get support if you need it

AVOID

- Calling them by their old name
- Saying: 'you're too young to know'
- Ignoring their words or feelings
- Laughing at or dismissing their identity
- Trying to 'fix' or change them