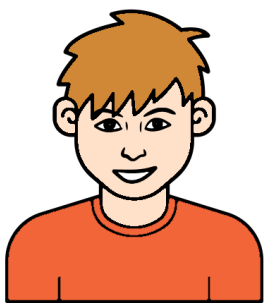




**Your child is trans.  
How to care for you.**



Your child may use new words.

It is about who they are. The words may be

- trans
- gender diverse
- non binary.

They may use a different word.

They may not have a word yet.



You want to know what these words mean.

## Read

Boy. Girl. Or some thing different?

How to be there for your child.



Your child uses these words. You may feel

- confused
- sad
- surprised.

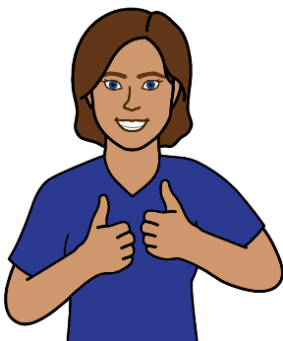
You may **not** know how you feel.



This is OK. Lots of parents feel like this.

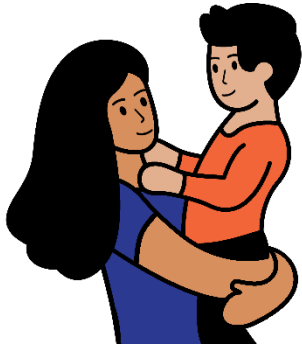
This is a big change.

You have lots to think about.

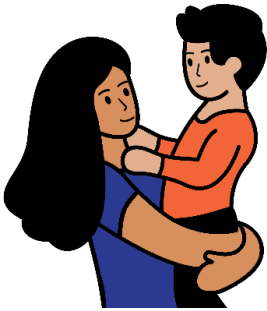


You may feel lots of things.

You may feel them at the same time. That is OK.



**Some things may feel different**



You child is still your child.

You love your child. It helps them.

**And**



You take time to look after you.

You feel well. You feel strong.

**Then**



You can help your child feel good.



You may have some bad days.

Like you are sad on some days.

**But**



You have good days.

Like you see your child is happy.



Your child feels

- safe
- loved
- free to be who they are.

They know you care.



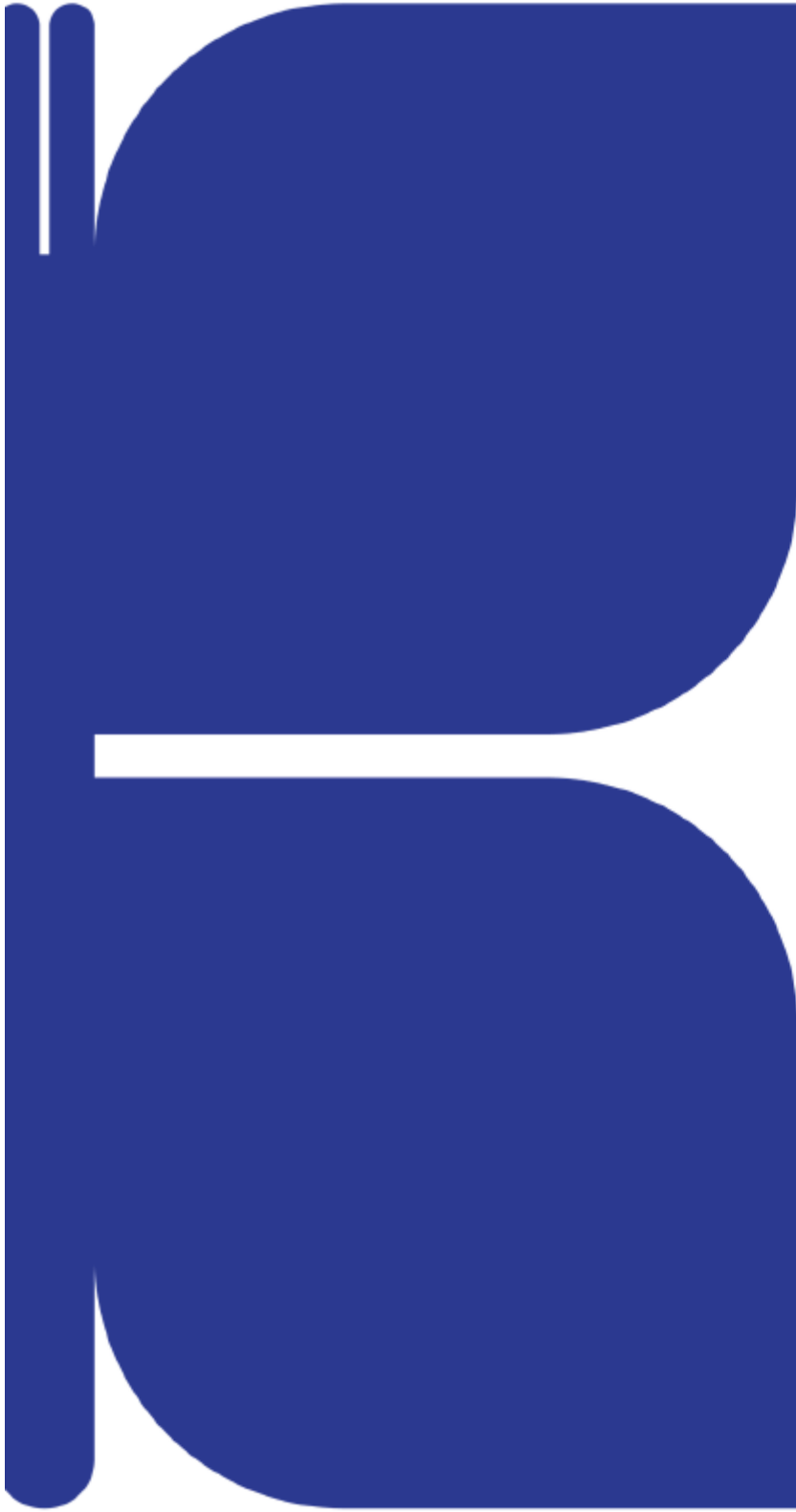
This helps them

- be happy
- be well
- do well at school.



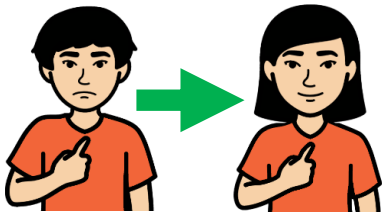
**Read**

Your child is trans. How to help them.





**How you feel**



You may feel like you have a different child.



Change may feel hard.

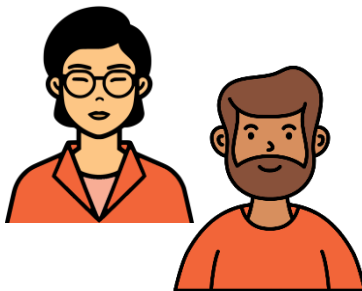
**But**



Your child is showing who they are.  
Your child is still here. Your child is OK.

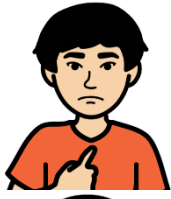


You may worry for your child.  
You may know things can be hard  
for trans people.  
Some people can be mean.  
You worry your child will get hurt.



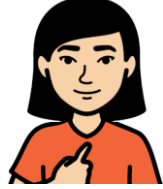
You may have dreams for your child.  
It was for when they grow up. Like

- what they may look like
- what job they may do
- who they may marry.



This may all change. Your child may

- use a new name
- change how they look.



It may be you think your child is a boy.

You think he may

- work on cars
- be a dad
- have a beard.

**But**



Your child tells you they are not a boy.

They are a girl.



Your child grows up. She may

- have long hair
- be a nurse
- have **no** kids.

Or



They may

- work on cars
- be a parent.



You may miss things. Like their old name.

It is the name you gave them.

They ask you to use their new name.



**How you feel. It can change.**



Your feelings may change over time.

You may have lots of different feelings.



Like your child tells you they are trans.

They are happy to tell you.

You may feel happy for them.



**Then**



It is later.

Maybe your child told you 6 months ago.

You were happy.



**Now**



You have different feelings.

Like you feel confused.

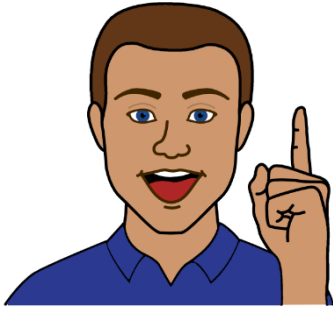


**Then**



It is later. Like your child told you 1 year ago.

Now you feel sad.



## Ideas for you



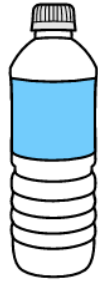
There are things you can do.

It can help you feel better.



You may need time to

- think
- know how you feel
- learn more about trans people.



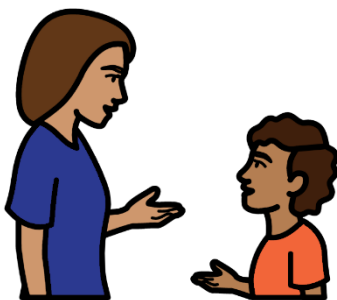
Take care of your self. Like

- eat good food
- drink water
- get good sleep.



Love your child. They need your

- care
- support.



Talk to your child. It is about all things.

It is not just about trans things.

You can talk about things they like. Like

- sport
- art
- movies.



Write things down. You can draw things. Like

- what you think
- how you feel
- what you worry about.

It can help you know how you feel.



Talk to a person you trust. It may be

- a friend
- family. Like your sister

**or**



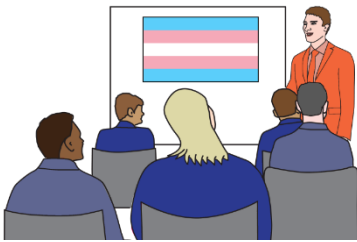
- a counsellor. They help with how you feel.



It may be people who know about trans people. Like

- Transcend
- a different support group.

It is for parents with trans children.



You can learn from

- trans people
- other parents. They have trans children
- Transcend.

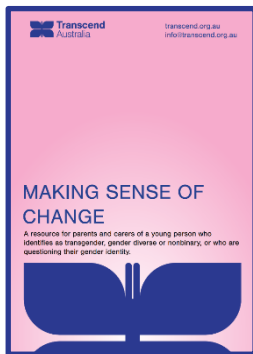


## Read

Your child is trans. Things parents ask.



## About this fact sheet



This is based on Making sense of change.

Transcend Australia 2026.



**Access**  
Easy English

Access Easy English wrote the Easy English.

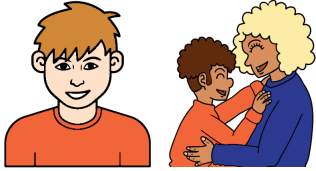
May 2026.

## Images



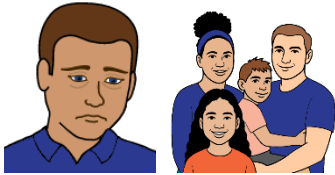
We can use these images. They are from

- CHANGE [www.changepeople.org](http://www.changepeople.org)



- Inspired Services

- The Noun Project



- Pixabay

- Tobii-Dynavox.

We used AI to help make some images for this project.

[transcend.org.au](http://transcend.org.au)

[info@transcend.org.au](mailto:info@transcend.org.au)

