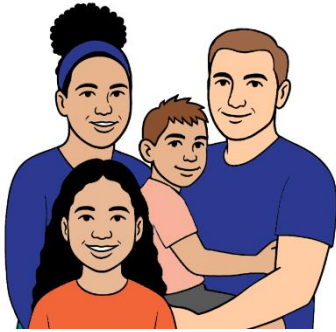
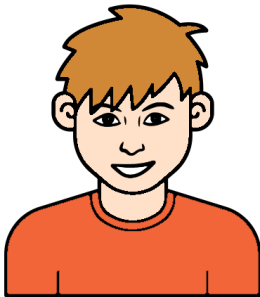


**Your child is trans.  
How to help them.**



They may be

- your child
- your step child
- a child you care for. Like your sister.



Your child says they are

- trans
- non binary.

They may use a different word.

They may **not** have a word yet.

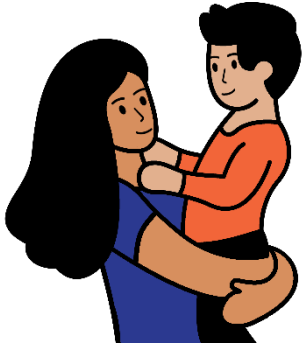


You want to know what these words mean.

**Read**

Boy. Girl. Or some thing different?

How to be there for your child.



**You love your child.**

**It helps them.**



You take time to look after you.

It helps you stay well.

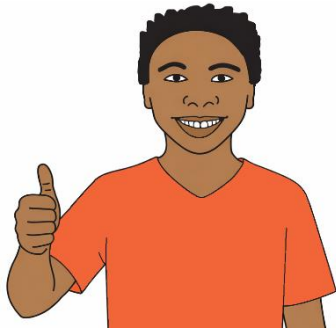
It helps you take good care of your child.



Your child feels

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

They know you support them.



You support your child. This helps them

- be happy
- be well

They feel good about who they are.

**But**



Some parents do **not** support their kids.

Those kids do **not** feel

- safe
- loved.



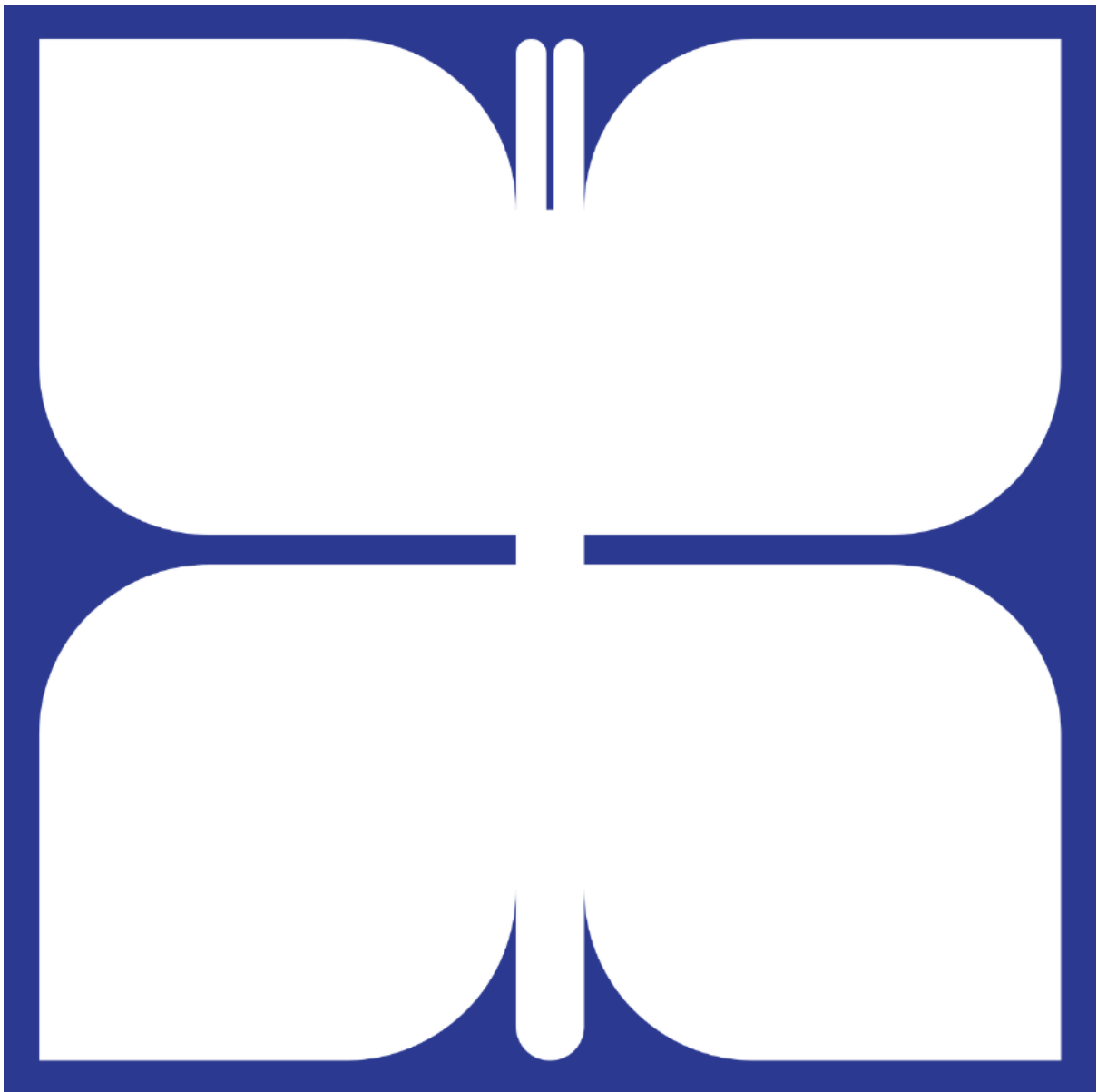
These kids may

- be sad
- get sick. They may get depressed.
- run away. They may have no place to live.



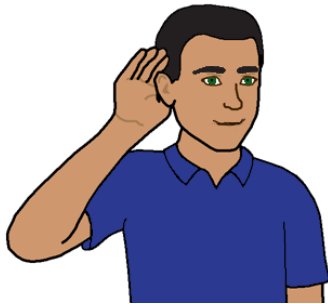
They may hurt them selves.

They may want to die.



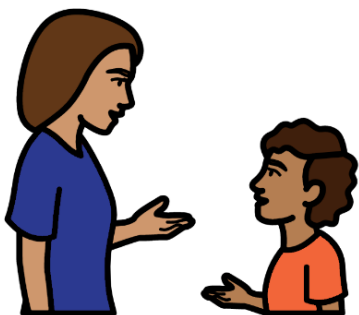


## Things you can do



Your child needs your support. This means you

- listen to them
- believe what they say
- respect their choices
- care for them.



It means you and your child

- talk to each other
- listen to each other
- trust each other.



You can do things to help your child. Like

- tell them you love them
- ask how they feel.



Your child may want to use a new name.

It is **not** the name you gave them.

You want to support your child.

You use their new name.

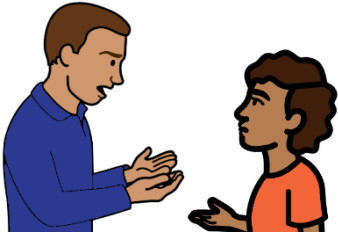


You may forget.

You use the old name some times.

You know it makes your child sad.

**But** it is hard to remember.



That is okay. You made a mistake.

Say sorry. Try again.

Do **not** give up.



You may help your child do some things. Like

- wear different clothes
- cut their hair.



You can do more things.

You can learn about trans people.



You can find good doctors for your child.

The doctors know about trans people.



It helps your child

- feel safe
- feel good
- know you love them.



Support does **not** mean you agree all the time.

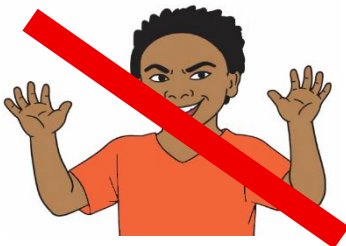
Like your child wants to go out.

They do **not** want you to come.



You do **not** think it is safe.

You say no. It is to keep your child safe.



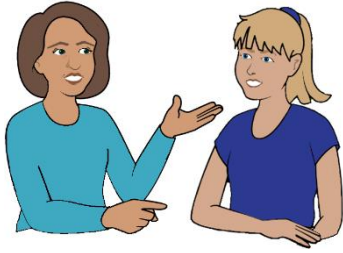
Support is **not** your child can do any thing.

You still have family rules.

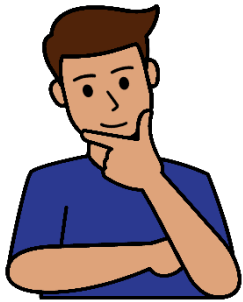
It keeps your child safe now.

It helps your child learn to be safe later.

Like when they grow up.



## Help for you



This may be a big change. It is OK to

- ask questions
- have lots of feelings
- take your time. There may be a lot to learn.

Lots of families do this. You are **not** alone.



## Read

Your child is trans. How to care for you.



## Things you must not do



There are some things you must **not** do.

It may hurt your child. They may

- feel sad
- **not** trust you
- **not** tell you things.



They may

- lie
- run away.



Your child tells you they are trans.

Do **not** say they are wrong.



Do **not** try to fix them. Like

- make them wear clothes they do not like
- make them cut their hair.

They do **not** need to be fixed. It is OK to be trans.



You want to know more.

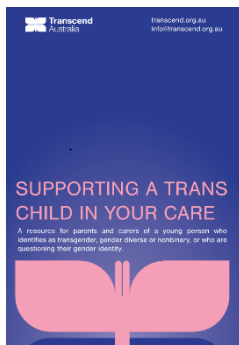
It is about your trans child.

**Read**

Your child is trans. Things parents ask.



## About this fact sheet



This is based on

Supporting a trans child in your care.

Transcend Australia 2026.



**Access**  
Easy English

Access Easy English wrote the Easy English.

May 2026.

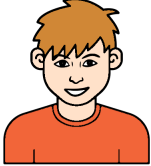
## Images

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.

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