

Gender-Affirming Parenting Guide

Taking care of your child



Listen & affirm

You can be your child's most important listener.

Listen to what your child is telling you about their gender through words and actions.

Ask questions! This is a great way to hear your child's ideas about gender.

Affirm, value, and love your child for who they are today.



Create space

Create an affirming space at home to explore gender through conversation, books, and play.

Support your child's exploration of gender identities and expression.

Allow conversations to unfold over time, as your child is ready.



Talk & teach

Teach children the language they need to talk about gender.

Talk about the many ways people identify and express their gender.

Show your child that gender diverse communities exist all around the world.

Advocate & find support

Advocate for affirming environments, safety, and supports for your child at school and in your community.

Ensure you and your child have access to accurate information.

Find the peer and professional supports you and your child need.

Gender-Affirming Parenting Guide

Taking care of yourself



Find information

Getting your questions answered can relieve a lot of anxiety and help you plan for your child's needs.



Access supports

Work through your feelings. Connect with other parents through a peer support group or online network. Talk with a professional to process your emotions.

Self-care

Take care of yourself so that you can be ready to support your child.



Remain open to all possibilities for who your child will become. Your affirmation, acceptance and love are crucial for healthy development.

Your child is on their own journey to figure out who they are and how they will live in the world. Love and support them as they explore who they are. Follow their lead and help them through challenges. Let them know you will be there for them wherever life takes them. This will have lasting effects on their health and relationships.