

Parenting a Transgender Child: Literature & Resources

Books & Media through the UWYO Coe Library Page

The following two books are available in full for free through the 3M Library Cloud site - login is W# (without W), password is uwyo (lowercase), and reading the material requires an epub application or computer program to read. Both books are also available on Amazon.

Gender Born, Gender Made, by Diane Ehrensaft, 2011

- Description: "A groundbreaking guide to caring for children who live outside binary gender boxes.

We are only beginning to understand gender. Is it inborn or learned? Can it be chosen—or even changed? Does it have to be one or the other? These questions may seem abstract—but for parents whose children live outside of gender “norms,” they are very real.

No two children who bend the “rules” of gender do so in quite the same way. Felicia threw away her frilly dresses at age three. Sam hid his interest in dolls and “girl things” until high school—when he finally confided his desire to become Sammi. And seven-year-old Maggie, who sports a boys’ basketball uniform and a long blond braid, identifies as “a boy in the front, and a girl in the back.” But all gender-nonconforming children have one thing in common—they need support to thrive in a society that still subscribes to a binary system of gender.

Dr. Diane Ehrensaft has worked with children like Felicia, Sam, and Maggie for over 30 years. In *Gender Born, Gender Made*, she offers parents, clinicians, and educators guidance on both the philosophical dilemmas and the practical, daily concerns of working with children who don’t fit a “typical” gender mold. She debunks outmoded approaches to gender nonconformity that may actually do children harm. And she offers a new framework for helping each child become his or her own unique, most gender-authentic person."

Far From the Tree, by Andrew Solomon, 2012

- Note: This book has received close to 700 reviews on Amazon and has a 4.5/5 star rating. It has an exclusive chapter on parenting transgender children.
- Description: "... features stories of parents who not only learn to deal with their exceptional children, but also find profound meaning in doing so—‘a brave, beautiful book that will expand your humanity’ (*People*).

Solomon’s startling proposition in *Far from the Tree* is that being exceptional is at the core of the human condition—that difference is what unites us. He writes about families

coping with deafness, dwarfism, Down syndrome, autism, schizophrenia, or multiple severe disabilities; with children who are prodigies, who are conceived in rape, who become criminals, who are transgender. While each of these characteristics is potentially isolating, the experience of difference within families is universal, and Solomon documents triumphs of love over prejudice in every chapter.

All parenting turns on a crucial question: to what extent should parents accept their children for who they are, and to what extent they should help them become their best selves. Drawing on ten years of research and interviews with more than three hundred families, Solomon mines the eloquence of ordinary people facing extreme challenges.

Elegantly reported by a spectacularly original and compassionate thinker, *Far from the Tree* explores how people who love each other must struggle to accept each other—a theme in every family's life."

Books Available Elsewhere

Transitions of the Heart: Stories of Love, Struggle and Acceptance by Mothers of Transgender and Gender Variant Children, by Rachel Pepper, 2012

- Available in print and kindle versions on Amazon
- Description: "*Transitions of the Heart* is the first collection to ever invite mothers of transgender and gender variant children of all ages to tell their own stories about their child's gender transition. Often "transitioning" socially and emotionally alongside their child but rarely given a voice in the experience, mothers hold the key to familial and societal understanding of gender difference. Sharing stories of love, struggle, and acceptance, this collection of mother's voices, representing a diversity of backgrounds and sexual orientations, affirms the experience of those who have raised and are currently raising transgender and gender variant children between the ages of 5-50. Edited by Rachel Pepper, a gender specialist and co-author of the acclaimed book *The Transgender Child*, *Transitions of the Heart* will prove an invaluable resource for parents coming to terms with a child's gender variance or transition."

Trans-Kin: A Guide for Family and Friends of Transgender People (Volume 1), by Dr. Eleanor A. Hubbard and Cameron T. Whitley, 2012

- Available on in print and kindle versions on Amazon
- Description: "Award-winner in the 'Gay and Lesbian: Non-Fiction' category of the 2013 International Book Awards, *Trans-Kin* is a collection of stories from significant others, family members, friends and allies of transgender persons (SOFFAs). Powerful, thought-provoking and enlightening, this collection will provide for the head and the heart of anyone who has ever loved a transgender person. *Trans-Kin* is also an essential read for allies of the transgender community and anyone who wishes to become one."

Allies & Angels: A Memoir of Our Families, by Terri and Vince Cook, 2013

- Available in print on Amazon
- Description: “The parents of a transgender child reveal how their family transitioned together. For 15 years, the proud parents of two young men believed their younger son was their daughter.

Allies & Angels is a story of strength, compassion and unconditional love--sharing how these parents supported their son's transition and the lessons learned along the way. Learning their daughter was really their son taught them who they are and who they want to be.

This moving story highlights how allies guided and supported them on what they once feared was an unthinkable path. *Allies & Angels* will inspire readers to look at their life differently and embrace their role as an ally. No matter who you are or how you identify, this book will challenge you to find a new acceptance for all and a deeper love for your loved ones.”

Trans Forming Families, by Mary Boenke, 2008

- Available in print on Amazon
- Description: “A collection of positive short stories by parents, families, and friends of transgender people who have come to accept and embrace their transgender loved ones. It includes stories of male to female and female to male transgender sons and daughters of loving parents, siblings, grandparents, and friends who have helped them on their journey. These are invaluable stories intended to help those struggling with misinformation, pain, anger, and fear for their loved ones.”

Other Media

CBS Sunday Morning: Stories of Young Transgender Children

- 10 minutes long
- <http://www.cbsnews.com/videos/stories-of-young-transgender-children/>

I am Jazz – TV show

- Documentary TV show about a 10 year old transgender girl named Jazz
- Full first episode: https://www.youtube.com/watch?v=Bk_YIBM5JAE&feature=youtu.be
- TLC website: <http://www.tlc.com/tv-shows/i-am-jazz/>

My Secret Self A Story of Transgender Children – 20/20 with Barbara Walters & ABC

- 45 minutes long
- Available in full on YouTube:
<https://www.youtube.com/watch?v=wGacAy2HLxU&list=PL7111BC0F8FCF8E36>

Online Resources

Transparenthood.net

- Website for parents of transgender children
- Newsletter
- Lists of resources

TransYouth Family Allies – Resources for Parents

- <http://www.imatyfa.org/resources/parents/>
- FAQ for parents
- Language & definitions
- Tips for parents
- Assembling a “safe folder”
- Advocacy for your child
- List of readings for children, parents, and educators
- Guidelines for confirming a Gender Identity Dysphoria diagnosis
- Information on hormone therapy and counseling

TransYouth Family Allies - Recommended Reading for Children

- <http://www.imatyfa.org/resources/recommended-reading/for-children/>
- List of books for children that address issues surrounding gender identity

PFLAG (Parents and Friends of Lesbians and Gays:

- <http://community.pflag.org/transgender>
- Also includes resources for transgender allies
- Since 1972, has become the “nation’s largest family and ally organization”
- Includes a Q & A resource, as well as a guide to being a transgender ally

GenderSpectrum.org

- <https://www.genderspectrum.org/resources/parenting-and-family-2/>
- Parenting and Family Resources
- Understanding gender
- Related resources
- General parenting resources
- Raising trans kids

- Experiences of raising gender-expansive and transgender children
- Privacy and safety concerns
- Medical, legal, and school topics

MermaidsUK.org – Parents Voices

- <http://www.mermaidsuk.org.uk/index.php/parents-voices>
- A video with parents of transgender children explaining difficulties and joys

WyomingEquality.org – LGBTQ rights

- http://wyomingequality.org/resources/lgbt_rights/
- The current state of LGBTQ equality laws & policy in Wyoming
- School policy
- Non-discrimination laws
- Health and safety policies
- Policy related to name and gender change

Communities & Local Resources

PFLAG Casper (Wyoming chapter of PFLAG)

- <http://www.casperpflag.com/>
- (307) 265-5449
- casperpflag@gmail.com

PFLAG Fort Collins (Northern Colorado Chapter of PFLAG)

- <http://pflagftcollins.org/>
- Facebook - <https://www.facebook.com/PFLAGFortCollins/>
- New Families Group: Support group for those “striving to understand a loved one’s sexual orientation or gender expression and associated issues”, meets 6:30 p.m. the first Thursday of every month.
- Telephone helpline – 24/7 emotional support, information, and referrals, (970) 407-0300

WyomingEquality.org – Wyoming Resources

- <http://wyomingequality.org/resources/wyoming/>
- Transgender friendly doctors
- Spiritual/Religious resources
- Social groups
- Political & legislative

Support Group in Casper, WY

- <http://wyomingequality.org/resources/wyoming/support-group/>
- Common Place: LGBTQ Community Support group
- Wednesday nights 5:30-7 p.m. at Central Wyoming Counseling Center
- Safe, supportive, affirming
- Contact Nate Smith - nsmith@cwcc.us or (307)473-8066

TransFamily Parent Discussion List

- <http://www.transfamily.org/>
- Online forum for parents of transitioning individuals

GenderSpectrum.org – National Call-In Group

- <https://www.genderspectrum.org/we-can-help/national-call-in-support-group/>
- Support group for parents and caregivers
- 5-7 (PST) last Wednesday of each month
- Free
- To sign up: 510-788-4412, or email info@genderspectrum.org

GenderSpectrum.org – The Lounge

- <https://www.genderspectrum.org/we-can-help/the-lounge/>
- Discussion groups for transgender individuals, allies, and family members
- Groups for different populations
- Discussion group for parents and primary caregivers - <http://genderspectrum.org/lounge/groups/parenting-and-family/parents-and-primary-caregivers/>

Camp Aranu'tiq

- <http://www.camparanutiq.org/>
- Summer camp for transgender youth & families
- Camps in California & New Hampshire
- Camps for transgender children ages 8 and up
- Family camp weekends for transgender & gender-variant youth of all ages & their families (extended families welcome)