



**Resources for Parents
of Transgender Youth**

A Wildflower Guide



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At Wildflower, we strive to help all parents create an environment of care and understanding for their child. If you are looking for guidance on how to support a transgender or gender-diverse child, this guide offers a starting point and connects you with helpful resources.

To learn more about our therapeutic and educational services, visit our website at wildflowerllc.com or call us at 312.809.0298. We look forward to hearing from you!

Supporting You So You Can Support Your Child

For parents of transgender children, the information landscape can feel overwhelming. Whether a child is a toddler or well into their teens, finding reliable support and meaningful resources for those exploring and expressing their gender identity is not always easy.

As social conversations and norms continue to evolve, many parents find themselves navigating unfamiliar territory while trying to protect and advocate for their child. It is common to experience a wide range of emotions, including anxiety, isolation, confusion, and even anger, as you process what this journey means for your family and your child's well-being.

Along the way, parents often have important questions about medical options, legal rights, and how best to advocate within schools and communities. Others may be adjusting to new and evolving terminology, trying to keep up while also offering steady support at home.

At Wildflower, we understand that supporting your child begins with feeling supported yourself.

You don't have to navigate this journey alone or have all the answers. With compassionate guidance, trusted resources, and a community that cares, it becomes possible to move forward with greater confidence and clarity.

Ways to Support Your Child's Gender Diversity

Validate + Listen

When we encounter something new, it can be easy to react before really understanding. Try to be patient with your child and pay attention to their emotions. Do your best to reflect on your own feelings as well.

Engage + Enjoy

Try to find aspects of your child's gender to appreciate. Maybe your child wants to play with Barbies or learn how to use makeup. Maybe they want to dye or cut their hair! Try to lean into the aspects of gender exploration that are fun for you and your child.

Read + Represent

Seek resources and public transgender people for your child to see and understand. Hearing the stories of transgender adults may also help you understand your child's experience and potential future.

Be Patient

Your child may share their gender identity gradually, and the path forward may not always feel clear. With time, they will continue to learn more about themselves.

Seek Support

If you are feeling lost and alone, try to use some of the resources here to seek support from other parents. It is normal to feel scared, alone, and even ashamed when your child comes out to you. Those feelings can be processed in personal therapy and through support groups.

Organizations + Support

PFLAG - Parents, Families, and Friends of Lesbians and Gays (PFLAG) has been supporting the allyship of those who love LGBTQ+ folks for over 50 years. They are the largest organization to do so, and they have regular meetups for loved ones (that include children) in the Chicago area.

Straight for Equality - an offshoot of PFLAG, Straight for Equality offers comprehensive guides on how to be an ally, including learning sessions for loved ones. Straight for Equality also offers more resources on advocacy for trans

Trans Lifeline - (877-565-8860) Trans Lifeline is the only hotline built entirely for trans people by trans people. It offers support for mental health crises and also resources for those first learning about transgender identity. Trans Lifeline is also a great place to find support for trans kids struggling with mental health concerns and is an alternative to 988 which can often be transphobic towards callers.

Parents of Trans Youth - Parents of Trans Youth is an organization committed to the support of parents learning how to be an ally (or advocate) to trans children. The community and the courses are all run by parents of trans youth. They offer individual, group and learning courses for affordable and sliding scale fees.

Chicago Children's Advocacy Center - The Chicago Children's advocacy center has dedicated resources for parents and caregivers of LGBTQ+ children. They offer comprehensive Chicago Based resources and an LGBTQ+ book list.



Reading Materials (For Parents)

Transgender Parent Guide by Strong Family Alliance -

This guide walks parents through the initial stages of understanding a child's identity, and how the parents' support can improve the child's ability to thrive. It works to destigmatize the identity and address underlying misunderstandings.

Our Trans Loved Ones by PFLAG -

This guide is updated frequently to provide parents, family and friends with the most updated information on how to support transgender children and adults. It has sections related to social, psychological and medical support.

That's Gender Dysphoria, FYI -

This website offers a comprehensive explanation of gender dysphoria for those not familiar with the experience. It explains some of the history of the term and the difference between sex, gender, and gender expression.

TransReads.org -

TransReads is a collection of novels, books, and other resources by transgender authors compiled for free in one place. These writings span the diverse community of transgender writers and their varying gender presentations and cultures.

Transgender History by Susan Stryker -

Stryker put together a contemporary history of transgender identity in the west, specifically the United States. The book is free through the link provided and can give systemic context to current day transgender struggles.

Identity and Acceptance Program at New York Foundling

The Identity and Acceptance Program at New York Foundling works specifically on acceptance of transgender youth through family therapy in a community mental health setting. They offer additional resources for free on safe practices for transgender youth on everything from puberty blockers to vocal training.

Children's Books

PK - 5th Grade

- Red: A Crayon's Story* by Michael Hall (ages 3-8)
Being You: A First Conversation About Gender by Megan Madison (ages 2-7)
Téo's Tutu by Maryann Jacob (ages 3-5)
When Aidan Became a Brother by Kyle Lukoff (ages 4-8)
I Am Jazz by Jessica Herthel and Jazz Jennings (ages 5-8)
My Shadow is Purple by Scott Stuart (ages 5-9)
They She He Me: Free to Be! By Maya Christina Gonzalez (ages 5-11)
It Feels Good to Be Yourself by Theresa Thorn (ages 5-11)
One of a Kind, Like Me/Unico Como Yo by Laurin Mayeno (ages 5-11)

Middle School

- A Queer History of the United States for Young People* by Michael Bronski
Pet by Akwaeke Emezi
The Other Boy by M.G. Henessy
Gender Queer by Maia Kobabe
The Gender Binary is A Big Lie by Lee Wind

High School

- Almost Perfect* by Brian Katcher
Girl Mode by Magdalene Visaggio
Becoming a Visible Man by Jamison Green
Beyond Magenta by Susan Kulkin
Gender Identity Workbook for Teens by Andrew Maxwell Triska, MSW, LCSW
The Gender Quest Workbook by Dr. Rylan Jay Testa, Dr. Deborah Coolhart, and Jayme Peta



Advocacy + Legal Updates

Staying informed about laws and policies affecting transgender youth is an important part of advocating for your child. The following resources provide updates, guidance, and tools to help you take action and protect your child's rights.

ACLU Legislative Attacks on LGBTQ+ Rights Tracker -

This tracker notes the bills currently being debated in regards to LGBTQ+ rights, the majority of which impact transgender minors. Search here to see which bills are likely to advance or can be fought through advocacy in your community.

Transgender Law Center - The Transgender Law Center has been fighting against anti-trans litigation for years. They offer specific resources on how to combat anti-trans sports laws, which are especially influential for transgender minors.

Advocates for Trans Equality - Further resources for parents can be found here on transgender identity. This includes helpful resources on how to support transgender students and influence school policy.

Trans Youth Equality - Offers resources specific to trans youth seeking legal assistance and community. They assist with name changes, knowing your rights at school, and other legal needs. TYE also keeps track of US policy tracking for folks concerned with policy changes.



If you are looking for support in navigating your child's gender identity, we are here to help. Reach out to our intake team by calling 312.809.0298 or completing the inquiry form on our website.

