Resources for parents and caregivers

Here are a few resource ideas to support parents and caregivers. For more ideas, details, and updates, check out the Support for Families section at www.transcarebc.ca.

Information commonly searched for by parents & caregivers

- Parenting gender creative children and trans youth
- General gender and trans information
- Supports for gender creative children, trans youth, and parents
- Social and school transition
- Gender-affirming healthcare and service providers
- Gender-affirming medical care options (ie. puberty blockers, hormone therapy, etc.)

Peer & professional supports

- Gender-affirming health care providers
- Facebook groups for parents
- Local peer support groups (e.g., PFLAG)
- Trans communities / trans adults

Online resources

- Trans Care BC and Peer Support Directory
- BC Childrens Gender Clinic
- Gender Creative Kids
- Gender Spectrum
- Kids in the House (J. Olson, MD)
- Family Acceptance Project
- Transforming Family
- Rainbow Health Ontario
- Sherbourne Health Centre
- Center of Excellence for Transgender Health
- Trans Rights BC
- Human Rights Campaign

Conferences

- Gender Odyssey
- Gender Spectrum

www.transcarebc.ca

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Book ideas for children, youth, parents and caregivers

Here are a few book ideas to support children, youth, and families. For more ideas and details, check out the **Articles, Books & Movies** section at [www.transcarebc.ca](http://www.transcarebc.ca).

### For children
- 10,000 Dresses (Ewert)
- Backwards Day (Bergman)
- Be Yourself (Swirsky)
- The Boy and the Bindi (Shraya)
- I Am Jazz (Herthel)
- Introducing Teddy (Walton)
- Jacob’s New Dress (Hoffman)
- Morris Mickelwhite and the Tangerine Dress (Baldacchino)
- My Princess Boy (Kilodavis)
- Neither (Anderson)
- One of a Kind, Like Me (Mayeno)
- Sex is a Funny Word (Silverberg)
- Sparkle Boy (Newman)

### For middle readers
- George (Gino)
- Gracefully Grayson (Polinsky)
- Lizard Radio (Schmatz)
- The Pants Project (Clarke)
- Riding Freedom (Muñoz)
- Helping Your Transgender Teen (Krieger)

### For youth
- The Art of Being Normal (Williamson)
- Almost Perfect (Katcher)
- Every Day (Levithan)
- I Am J (Beam)
- If I Was Your Girl (Russo)
- My New Gender Workbook (Bornstein)
- One in Every Crowd (Coyote)
- Parrotfish (Wittlinger)
- Symptoms of Being Human (Gavin)
- Trans Bodies, Trans Selves (Erickson-Schroth)
- Wandering Son: Book 1 & Book 2 (Takako)

### For parents & caregivers
- The Gender Creative Child (Ehrensaft)
- The Transgender Teen (Brill & Kenney)
- The Transgender Child (Brill & Pepper)
- Raising My Rainbow (Duron)
- Raising Ryland (Whittington)
- Becoming Nicole (Nutt)
- Transitions of the Heart (Pepper)