

# 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](http://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](#)



# 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 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 middle readers

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



## 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)

