



MAMA DRAGONS

Supporting Gender-Expansive and Transgender Kids: A Guide for Parents

At Mama Dragons, we understand that each child's journey with gender identity is unique. Gender-expansive and transgender kids do not need to change their bodies to express their gender identity. Some may choose not to make any physical changes, while others know that altering their bodies is essential to their sense of self. Our role as parents is to guide our children through these decisions, providing them with information on the various paths available.

Exploring Body Choices It's important to expose children to different body options so they know that there are multiple ways to align their body with their gender identity. Some kids might not experience body dysphoria and may feel comfortable without any physical changes. Others might decide to take hormones or pursue certain surgeries while avoiding others. It's crucial to discuss with your child and their healthcare provider which treatments are permanent and which are not. Physicians work with a team, including the child, parent, and therapist, to determine the most appropriate course of action.

Navigating Puberty and Medical Interventions For pre-pubertal transgender children, the onset of puberty can be a source of anxiety and dread. Many parents worry about the potential depression and suicidal feelings their child may experience if they undergo puberty changes that don't align with their gender identity. While some parents might be hesitant or confused about medical interventions like puberty blockers or cross hormones, these options can provide essential relief and time for families to make informed decisions. It's okay to take the time to research and understand these options, but also be mindful of your child's need for timely support.

Supporting Teens in Transition When a teen comes out as transgender, it can be a shocking revelation for parents. The changes your child may desire, such as hormone therapy or surgery, can feel overwhelming due to their permanence. During this time, it's essential to show your support by taking non-permanent steps like using their chosen name and pronouns, allowing them to express themselves through clothing and haircuts, and considering puberty blockers to delay further physical changes. Open communication is key; discuss what you learn together and work through the information as a family. It's important to balance taking the necessary time to adjust with acknowledging your child's urgent needs.

Remember, delaying decisions indefinitely can make your child feel unsupported. At Mama Dragons, we encourage you to keep the dialogue open and explore all available options together. Your child's well-being and happiness depend on feeling supported and understood, and we are here to help you navigate this journey.