



MAMA DRAGONS

Assessing Your Care Provider: Key Questions for Gender-Expansive or Trans Youth

Finding the right care provider for your gender-expansive or transgender child is crucial to ensuring they receive supportive and affirming care. Here are three essential questions to ask when assessing a potential care provider:

1. Have you worked with gender-expansive or transgender youth before?

Why This Matters: Understanding the provider's experience with gender-expansive or transgender youth can give you insight into their familiarity with specific challenges and needs. Providers with experience are more likely to offer informed, compassionate, and appropriate care.

What to Look For:

- Experience in supporting youth through their gender exploration and transition processes.
 - Knowledge of gender-affirming care practices and resources.
 - An understanding of the unique mental and emotional health needs of gender-diverse youth.
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2. What if I feel like my gender isn't right for me?

Why This Matters: This question can help you gauge the provider's approach to gender identity and their ability to support a young person questioning their gender. It's important to find a provider who can validate and support your child's feelings and experiences.

What to Look For:

- A supportive and non-judgmental response that encourages open exploration and self-discovery.
- An emphasis on affirming the child's experiences and feelings.
- Willingness to discuss different aspects of gender identity and provide appropriate resources.

3. At what age does a person know their gender identity?

Why This Matters: Understanding a provider's beliefs about gender identity development can help you assess whether their approach aligns with your child's needs. Providers should recognize that gender identity can emerge at various ages and respect the child's self-identification.

What to Look For:

- An understanding that gender identity can be recognized and expressed at a young age.
- Acknowledgment that gender identity is an inherent aspect of a person, and not something that can be predetermined by age.
- A commitment to supporting children and youth in their gender identity journey, regardless of their age.

Additional Tips:

- **Check Credentials and Training:** Ensure the provider has relevant credentials and training in working with LGBTQ+ populations.
- **Seek Testimonials or References:** Look for reviews or ask for references from other families with gender-diverse children.
- **Assess Communication and Comfort:** Ensure you and your child feel comfortable communicating with the provider. Open and honest dialogue is key to effective care.

By asking these questions and considering the responses, you can find a care provider who will support your child's well-being and affirm their gender identity. For more resources and support, please visit Mama Dragons at mamadrasons.org.

Feel free to download and share this PDF with others who may benefit from this guidance.