

LGBTQ+ resources for parents and kids

For pre-school and school-age children

It's Okay to Be Different — By Todd Parr. This book cleverly delivers the important messages of acceptance, understanding, and confidence in bold, bright colors and silly scenes. It inspires kids to celebrate their individuality through acceptance of others and self-confidence.

Be Who You Are — By Jennifer Carr. This is a story about Nick, a child assigned a male gender at birth who sees himself as a girl. The story describes how his parents support him, struggles and triumphs at school, and working with a therapist for support as well.

A Fire Engine for Ruthie — By Leslea Newman, Illustrated by Cyd Moore. Ruthie's Nana assumes that she will want to play with dolls, put on fashion shows, and paint flowers, but Ruthie wants to play with fire trucks, trains, and motorcycles. When Nana realizes that Ruthie doesn't conform to traditional notions of what a girl should like, she buys a fire engine for Ruthie. Energetic illustrations capture the loving relationship between Ruthie and Nana in this insightful and sensitive story.

Jacob's New Dress — By Sarah and Ian Hoffman. (Pre-K-2). Jacob loves wearing dresses and pretending he's a princess at school, but a male classmate disapproves and says boys can't wear dresses. This story shows that there are all sorts of ways to be a boy and conveys the importance of support from friends and family. It also speaks to the unique challenges faced by boys who don't identify with traditional gender roles.

Red: A Crayon's Story — By Michael Hall. (Pre-K-1). This is not specifically about transgender children. A blue crayon has a red wrapper. Everyone keeps telling him to draw red things. A friend helps him realize he is blue and can draw wonderful blue things.

For teens

Beyond Magenta: Transgender Teens Speak Out — By Susan Kuklin. The author met and interviewed six transgender or gender-neutral young adults. The book represents these teens before, during, and after their personal acknowledgment of gender

GLBTQ: The Survival Guide for Queer and Questioning Teens — By Kelly Huegel. This frank, sensitive book is written for teens who are beginning to question their sexual or gender identity, those who interested in GLBT issues and rights, and those who need guidance, reassurance, or reminders that they aren't alone. Created with feedback and suggestions from individuals at PFLAG (Parents, families and Friends of Lesbians and Gays), GLSEN (the Gay, Lesbian and Straight Education Network), GLAAD (the Gay & Lesbian Alliance Against Defamation), and other organizations, this book is for any GLBTQ teen—and any straight friend, parent, teacher, counselor, youth leader, or other adult who cares and wants to understand.

Parrotfish — By Ellen Wittlinger. Angela has never felt quite right as a girl, but it's a shock to everyone when she cuts her hair short, buys men's clothes, and announces she'd like to be called by a new name,

Grady. Although Grady is happy about his decision to finally be true to himself, everybody else is having trouble processing the news. On top of that, there are more practical concerns--for instance, which locker room is he supposed to use for gym class?

For parents

The Transgender Child — By Stephanie Brill and Rachel Pepper. This comprehensive first of its kind guidebook explores the unique challenges that thousands of families face every day raising their children in every city and state. Through extensive research and interviews, as well as years of experience working in the field, the authors cover gender variance from birth through college.

Transgender Teen: A Handbook for Parents and Professionals Supporting Transgender and Non-Binary Teens — By Stephanie Brill and Lisa Kenney. This comprehensive guidebook explores the unique challenges that thousands of families face every day raising a teenager who may be transgender, gender-variant or gender-fluid. The author covers concerns relating to physical and emotional development, social and school pressures, medical options, and family communications

Gender Born, Gender Made: Raising Healthy Gender-nonconforming children — By Dianne Ehrensaft. This book offers parents, clinicians, and educators guidance on both the philosophical dilemmas and the practical, daily concerns of working with children who don't fit a "typical" gender mold. The author offers a framework for helping each child become his or her own unique, most gender-authentic person.

Becoming Nicole: The Transformation of an American Family — By Amy Ellis Nutt. The true story of a transgender girl, her identical twin brother, and an ordinary American family's extraordinary journey to understand, nurture, and celebrate the uniqueness in us all.

Transitions of the Heart — Edited by Rachel Pepper. Mothers of transgender and gender variant children of all ages were asked to tell their own stories about their child's gender transition. Sharing stories of love, struggle, and acceptance, this collection of mother's voices affirms the experience of those who have raised and are currently raising transgender and gender variant children.

The Reflective Workbook for Parents and Families of Transgender and Non-Binary Children: Your Transition as Your Child Transitions — By D.M. Maynard. This workbook provides a space to address the unique needs of parents and families as they navigate their child's gender exploration.