



Most people's gender identity matches their anatomy. However, for some people this is not the case. Below are some resources that can be helpful in understanding those experiences as well as how to support those around you.

Gender Born, Gender Made: Raising Healthy Gender Nonconforming Children

Diane Ehrensaft (2011)

Dr. Ehrensaft draws on her experience as a psychologist for gender nonconforming and transgender children in this guidebook for parents.

The Transgender Child: A Handbook for Families and Professionals

Stephanie A. Brill and Rachel Pepper (2008)

A guidebook for parents of gender variant or transgender children written to help families through the unique challenges they may face.

The Gender Creative Child: Pathways for Nurturing and Supporting Children Who Live Outside Gender Boxes

Diane Ehrensaft (2016)

A guide to parents and professionals through the rapidly changing culture, medical, and legal landscape of gender and identity.

Helping Your Transgender Teen: A Guide for Parents

Irwin Krieger (2011)

Written by a clinical social worker with experience helping transgender teens, this book will help parents understand and support their child.

Be Who You Are

Jennifer Carr (2010)

This children's book tells the story of how Nick became Hope, the girl she was meant to be.

Who Are You?

Brook Pessin-Whedbee (2016)

This brightly illustrated children's book provides a straightforward introduction to gender for anyone aged 5+. It presents clear and direct language for understanding and talking about how we experience gender: our bodies, our expression and our identity.

When Kathy is Keith

Wallace Wong (2011)

A children's book about Kathy, who knows that she should be a boy but nobody believes her.

Beyond Magenta

Susan Kuklin (2014)

Six teens share their personal stories of transition. Contains language and sexual content.

Trans Bodies, Transelves: A Resource for the Transgender Community

Laura Erickson-Schroth (2014)

This thorough book addresses various aspects of life for transgender or genderqueer individuals. Contains language and sexual content.

I am Jazz

Jessica Herthel and Jazz Jennings (2014)

A simple picture book for young readers about a transgender girl named Jazz.

This list was created by caring Families & Professionals

These resources are available to borrow from:

Family & Community Resource Centre

Alberta Children's Hospital
2888 Shaganappi Trail NW, Calgary, AB

Or check your local library for these resources.

For a list of recommended websites and contributors visit:

fcrc.ahs.ca/rx/gender-identity/

For more information contact the Child Health Information Specialist
at 403-955-7745 or childhealthinfo@ahs.ca

This material is designed for information purposes only. It should not be used in place of medical advice, instruction and/or treatment. If you have specific questions, please contact your doctor or appropriate health care professional.



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