



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.

The Transgender Child: A Handbook for Families and Professionals

Stephanie A. Brill and Rachel Pepper

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

Gender Born, Gender Made: Raising Healthy Gender Nonconforming Children

Diane Ehrensaft

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

Helping Your Transgender Teen: A Guide for Parents

Irwin Krieger

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

GLBTQ: The Survival Guide for Gay, Lesbian, Bisexual, Transgender, and Questioning Teens

Kelly Hugel

LGBTQ youth will find guidance, advice, and support in the pages of this book.

Trans Bodies, Trans Selves: A Resource for the Transgender Community

Laura Erickson-Schroth

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

Beyond Magenta

Susan Kuklin

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

Some Assembly Required: The Not-So-Secret Life of a Transgender Teen

Arin Andrews

In his autobiography Arin, who was born a girl, shares the story of his transition during his teenage years to the young man he is today. Contains strong language and sexual content.

Transitions of the Heart: Stories of Love, Struggle and Acceptance by Mothers of Transgender and Gender Variant Children

Rachel Pepper

In this anthology, mothers share their own stories about their child's transition.

Be Who You Are

Jennifer Carr

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

I am Jazz

Jessica Herthel and Jazz Jennings

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

When Kathy is Keith

Wallace Wong

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

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:

frc.ahs.ca/health-information/library/information-prescriptions/transgender

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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