

## **Embracing Trans Families**

The important thing is for parents to love children unconditionally. Trans people need the following from PFLAG:

1. Advocacy
2. Materials on hand
3. List of doctors and therapists
4. Legal aid

The primary message to parents in pain is:

1. You are not alone.
2. It is not your fault.

Trans children are identified as trans when the desire to be the opposite sex is consistent, persistent, and acute.

I have a list of recommended readings and websites and a long list of resources (with the electronic file) from Margo Saltzman, a mother now working fulltime in the area of trans support. She has referrals to endocrinologists, including Dr. Spack in Boston. There are internet support groups for parents and families of trans people.

One trend now is to stop puberty with hormone blockers and let the young person decide after she/he reaches 18.

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