

# LOOKING AFTER YOU

Your feelings, questions, and concerns are important. It is essential that you find a time, place, and people to whom you can express your true emotions, away from your transgender or gender-diverse loved one, especially if your emotions are negative.

**Take time out for you.**

**Self care, isn't selfish**

**1**

**Check in with your personal support network; family, friends and partners.**

**2**

**3**

**Join a parent support group (contact the Gender Centre to learn more about the next meeting).**

**4**

**Book an appointment with a psychologist to discuss your own feelings in a safe space.**

# VISITING THE GENDER CENTRE

## WHERE

The Gender Centre  
41-43 Parramatta Road  
Annandale, NSW 2038

## WHEN

Opening Hours  
MON - FRI 9 AM-4:30PM  
CLOSED SAT, SUN AND  
BETWEEN 12PM-1PM EVERY  
DAY

## INFORMATION

Website: [gendercentre.org.au](http://gendercentre.org.au)  
Email: [reception@gendercentre.com.au](mailto:reception@gendercentre.com.au)  
Phone: (02) 9519 7599  
Fax: (02) 9519 8200

# WHERE DO I START?

## FOR PARENTS & CARERS

**THE GENDER CENTRE INC**



# HOW DO I REACT

When the Gender Centre put out their most recent anonymous survey to parents (May, 2022), the first question put to parents was "Can you describe or share the emotions you have experienced when your child first informed you that they are trans/gender diverse or gender questioning?"

# THEIR RESPONSES

- sadness
- grief
- loss
- disbelief
- shock
- confusion
- anger
- relief
- fear
- worry
- pride
- helplessness
- terrified
- curious

Support your child and follow their lead. Educate yourself and reach out to various support networks.

It's ok to be upset.

Don't panic. It is a difficult journey but completely worth it. Happiness will return it just takes time.

It is a journey. Keep communicating with your child and allow for fluidity as they explore.

At first I felt so alone and lost and cried a lot but watching your young person grow and be the person they are meant to be makes me happy, I'd rather a happy son that feels safe in his home then go to his funeral and my love for him never changed.

You are not alone, there are other families walking this path.

That the grief is natural, complicated and okay.

Speak to other parents. Get different perspectives. Talk. It's the easiest way.

Love them unequivocally exactly as they are each day. You are their safe space.

Take a breath. Take every day as it comes

You are not alone and your feelings are real.

Initial fear, shock etc are normal responses. We love our children and we want the easiest path for them. But you cannot change what is. It isn't anyone's fault - it just is. Accept it. Support. Don't be your child's first bully. There is a great future waiting for our kids.

Not to feel guilty about grieving, and not to let the grief obscure the good future ahead.

I'd tell parents that seeing their child thrive and become whole as they settle into their identity will make everything worthwhile.



IT'S OK TO FEEL A LOT