



CV #1 Reflections

Parents of a 3-year-old come to you upset. They report that their child has started to exhibit a lot of ‘behavioral issues.’ After further conversation, you identify that the conflict seems to be centered around choosing clothes and childcare activities where the children are split up by gender.

What are your initial thoughts? What other questions might you want to ask or information might you want to gather about the family and the environment?

- *Assess the family’s beliefs and understanding of gender and gender identity.*
- *Assess the environments in which the child is spending time.*
- *Any other changes/upheavals in the family?*
- *How clearly does the child communicate preferences and/or dislikes?*

If it becomes clear that the child is starting to advocate for their gender, what would be your recommendations for treatment?

- *Does the family need mental health support at this time or just coaching and/or psycho-education?*
- *Does the child need therapy or would therapy support for the parents be a better fit?*
- *What developmental psychoeducation around gender exploration can you offer the parents?*
- *Where are simple places the parents can advocate for social exploration to see if this decreases problematic behaviors?*

Where could you point the parents and the family towards for other support?

- *Any LGBTQ Centers or Parent Groups in the area or online to support these parents?*
- *Can you offer grounded reminders that all that is needed for healthy development right now is a safe space for their child to be who they are?*
- *Can you encourage the parents to educate themselves so they feel well-informed and less alone?*
- *Do you feel confident offering space for them to explore their experiences and fears around gender and/or can you refer them to someone who can?*

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Return to the presentation (especially Section 4 for support). You can also book a consultation with the instructor (traci@gatherandgrowoc.com) and/or return to Gather & Grow Education to deepen your understanding of gender-affirming care for minors (gatherandgrow.com/education-1).

Keep an eye out for a new course: Families in Transition coming soon!

Spoiler Alert: Gender-Affirming Care for Minors ALWAYS Includes the Family!