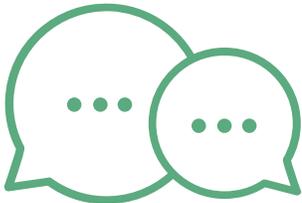


Tips for navigating the holidays with gender-diverse children



Some reasons that the holidays may be challenging:

- You and your child are interacting with family, friends and community that you may not have seen in a while.
- The holidays and surrounding events often come with a set of expectations and pressures intermingled with complex relational dynamics.
- You may experience internal conflict between supporting your child while also balancing other important relationships you hold.
- The holidays and surrounding events might present more opportunities for conflict, especially if there are added stressors or substances like alcohol involved.
- Many holiday traditions are gendered (presumed roles in household duties, formal attire, gift giving, decorations, activities, faith spaces).



Plan ahead with your child:

- Communicate with your child about what expectations they may have, and what boundaries they would like you to keep in mind.
- Run through topics and/or questions that they are comfortable or not comfortable discussing and who they are/are not comfortable discussing any given topic with.

E.g., I don't want to talk about my name change at all. I can talk about my new hairstyle and the new clothes that I wear, but I'm only comfortable talking about my name with my grandparents.

- Speak with your child about how and when they want you to step in if an uncomfortable situation arises. Interjecting may add to the unwanted attention they are experiencing. Trust that they know their own comfort level and boundaries.

E.g., If someone uses my deadname, please step in and correct them. If someone uses the wrong pronoun for me but corrects themselves after, please don't say anything else to them.

- Plan an exit strategy with your child in case the event becomes too intense for your them. It may be helpful to come up with a non-verbal signal so that they may exit without bringing more attention to themselves while also communicating to you where they will be.



Plan ahead by yourself/with other members of your family:

- Communicate with family about your child's affirmed name and pronouns.
- Notify them of the topics and/or questions that your child gave consent to discussing.
- Share these resources.
 - [Pronoun Usage Guide](#)
 - [Inclusive and Affirming Language](#)
 - [Allyship Responses](#)
 - [Components of Human Identity](#)
- Gifts are often gendered. Keep this in mind and communicate to anyone who may be preparing a gift for your child.
- Run through anything that may have your child's deadname on it and change it as necessary (such as stockings).
- Old pictures of your child may be upsetting; ask your child if they would like them to be taken off displays.
- Watching movies/TV together? Browse for some content with 2SLGBTQI characters to watch together.



During a holiday event:

- Check in with your child periodically.
- Breathe! Take a break for yourself if you need.
- Remember that you cannot control everybody's actions and responses. All you can do is support your child the best you can.

After a holiday event:

- Check in with your child to debrief how everything went. This does not have to happen right after the event, but it may be useful to see what went well, and what was difficult.
- Contemplate following up with family members if that would be helpful for you, especially if a challenging incident arose.

Other resources

- [What to do when your child comes out to you](#)
- [Supporting Your Gender Diverse Child](#)
- [Supporting Your Intersex Child](#)
- [Supporting your LGBTQ+ Grandchild](#)
- [11 LGBTQ+ Holiday Movies & Shows Making the Yuletide Gay in 2021](#)
- [Online Marketplace for 2SLGBTQI Owned Businesses](#)