



Letter from Dad with 27 year old Male to Female child

Our first concern was for the emotional wellbeing of our child, and by definition, her mental and physical wellbeing and making sure that she understood that we loved her and would fully support her.

The importance of this becomes more and more apparent as our education into transgender continues. Transpeople who feel rejected by family are at enormous risk of mental illness, even suicide. Yet to be reassured by family that their transgender is accepted, even if not fully understood, seems so simple, but is so valuable. As I write this I still finding it quite confronting to refer to our youngest son as, 'her - she'.

Connecting with other parents with adult transgender children was extremely valuable. It helped us to 'normalise' the circumstances that we found our family in. Not necessarily for support, or to for a shoulder, but simply to be able talk out loud about our child's disposition, whilst protecting her anonymity, allowed us to externalize our fears, emotions and concerns, and to get answers to a plethora of questions.

We very early on decided not to worry about how her siblings were dealing with the issue, in our case they are adults too and can handle their own emotions, while we handle ours.

For us, it has been all about 'emotions', and talking with other parents, we expect the rollercoaster ride to continue for some time to come. However, the peaks and troughs seem to be leveling out we go forward.

Initially I felt the need to educate myself and in doing so found myself intruding somewhat in my daughters' affairs (life). Some would say that's a parents prerogative, but she didn't see it that way and I got the word to step back and let her handle her own life her way, albeit with our continued support.

Other parents we have spoken to indicated that they had similar experiences. We have learned that our natural parental urge to help, can be quite intrusive.

We are still in the early stages of transition. The way I see it, we are transitioning along with her, even though she doesn't see it that way. I saw a photo of her in women's clothes for the first time a couple of weeks ago, very confronting. But, she needed me to tell her how nice she looked.