



# **The Conscious Parent's Guide to Gender Identity: A Mindful Approach to Embracing Your Child's Authentic Self (The Conscious Parent's Guides)**

*Darlene Tando LCSW*

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If your child is questioning their gender identity, you may have questions of your own. *The Conscious Parent's Guide to Gender Identity* helps answer those questions, providing a relationship-oriented approach to supporting your child's journey. Conscious parenting means being present with your children and taking the time to understand their point of view. Using this mindful method, you can support and guide your children as they discover their authentic selves.

With this easy-to-navigate guide, you'll learn how to...

- Communicate openly with your child about gender identity
- Empower your child to make their own decisions
- Create a welcoming environment at home
- Guide your child through social and medical transitions
- Help your child feel comfortable with friends, at school, and in your community
- Deal with others' opinions about your parenting choices
- Plan a happy, successful future for you and your child

This mindful method of parenting will allow you and your children to strengthen your bond while allowing them to be who they truly are.

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Your Child's Authentic Self (The Conscious Parent's Guides) can be your brand new friend when you're really feel alone and confuse using what must you're doing of that time.

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