

Talking to your Pediatrician or Family Doctor

Sometimes these are the most difficult conversations to have but it is important that you are able to talk openly with your pediatrician or family doctor.

Schedule a time when you are not going to be rushed. You may want to first talk without your child present so you can pave the way.

This may be the first transgender patient in the practice. Your doctor should not only be willing to help you find resources, but the practice as a whole must be supportive and open to your child's PGP (preferred gender pronoun) and new name when chosen.

Some things you can request (and should expect) of your doctor's office:

- Ask that the forms change to include gender choices beyond the male/female binary selections. At the very least, a write in space should be available.
- Until the legal name change is in effect and changed with insurance, the doctors' records must use the name assigned at birth. However, they can put your child's preferred name and PGPs in parentheses and a BIG, BOLD HIGHLIGHTED note to use those when calling your child in for an appointment.
- The staff should be advised that your child does NOT want to be stared at or singled out for any reason. They should be treated with sensitivity as they would with any other patient.
- Ask for a gender neutral restroom...most already have a general use restroom but if yours does not, your child may be able to use a staff restroom.

If you don't know where to turn or what to do next, ask your pediatrician to help you find resources:

- A therapist (someone trained to work with adolescents and gender variant youth)
- An endocrinologist (hormone doctor)

Let your doctor's office know that you may need letters for camp, sports activities, school trips

Remember, you are your child's best advocate. If you do not get the support willingly from the doctors and their staff, then it is probably time to look for a different practice.

If your doctor's office would like a staff training, please contact Roz Keith at 248-739-9254 or rozgkeith@gmail.com

For more information:

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