



Guidelines for Confirming GID Diagnosis: Letter from Pediatrician/Family Practice Doctor

One of the most important parts of the Safe Folder is a letter written by your child's pediatrician/family practitioner confirming your child's gender identity, and it should be one of the first items included in the folder. Whether your doctor has known your child for years or is new to your family, a supportive, informative letter can be easily written following a few simple guidelines.

1. **Background Information** – This part of the letter establishes the relationship between the doctor and your family. If you have been using the same doctor for a number of years, he/she can not only attest to the path your child has traveled as observed personally, but also to the care and support you have provided for your child. For example, you consistently bring all your children to the doctor in a timely manner and follow through with recommended care plans, interactions between family members are consistent with a loving home, the parents are in tune with their children's needs and personalities, etc. If you are seeing a new doctor, he/she should be able to access past records that attest to the medical care your child has received but there may be little to say about family dynamics.

2. Reason for Writing the Letter/Observations – Whether your doctor was the first to mention gender variance to you or you brought it up to the doctor, the result is the same. Your child has been demonstrating in word and actions that he/she is gender variant/transgender. For example, the child strongly prefers wearing clothes of the opposite gender, prefers playing consistently with the opposite gender, expresses a desire to be the opposite gender, verbally states that he/she actually is the opposite gender, etc. Both the doctor’s observations as well as anecdotal parental observations can be included in this section.

3. Assessment – If you have taken your child to other professionals such as a gender therapist or psychologist, the pediatrician/family practitioner, should have these reports and can include their findings along with his/her own. The most important point is a statement recognizing that your child’s behavior is consistent with Gender Dysphoria, a medical condition for which the only treatment available is to allow the child to be himself/herself. Enabling the child to participate in gender related activities in the gender with which the child identifies is essential. Such activities would include using the restroom of the child’s affirmed gender, wearing clothing appropriate to the affirmed gender, standing in the appropriate gender designated line, etc.

4. Suggested Course of Action – By recommending that you continue to follow the lead of your child by allowing him/her a choice of clothing, haircuts, name, pronouns, etc and that you schedule regular follow up visits with medical professionals as recommended, your pediatrician/family practice doctor validates your actions as the parent of the transgender child and confirms that he/she is in agreement.