

The holidays are near and we have new resources for navigating gender no matter which holiday traditions you celebrate. Parents and families can find great ideas, young people will hear from their peers about gender and the holidays, and professionals can learn some valuable tips for working on gender with youth during the holidays. Check out all of the new programs, and revisit some of our previous resources below.

To stay updated on all of our programs, online support groups, events and more, [subscribe here](#).



#### **Gender and the Holidays: Paving the Way**

Our new guide gives you concrete ways to help your family make this holiday season go smoothly for everyone. With advice for communicating with your child and family members, creating a plan, navigating clothing, traditions and more, this is a must-have resource for all families who have questions around gender over the holidays. Check it out [here!](#)

You can also see [our series of three videos](#) on Navigating the Holidays, covering topics including sharing information with family, preparing your child, and toys and gift giving. Our [Tips for Communicating with Family and Friends about Your Child's Gender](#) are also useful around the holidays, and you can find many more resources on our [parent and family resources](#) page.

#### **Young People on Gender and the Holidays**

Watch Jordan and Avery, two young people who have tips and stories about their family holidays and how they navigate gender.







### **Holiday Tips for Grandparents**

The holidays are great times to connect with family, and grandparents hold a special place for supporting their grandchildren. But grandparents may have questions or concerns about their Gender-expansive grandchildren. Hear Pam Wool, Gender Spectrum's Director of Family Support and our Board Member Diane Ehrensaft discuss ways to navigate gender over the holidays.

### **Tips for Professionals: The Holidays and Gender-Expansive Youth**

For young people who are in foster care or other supportive services, the holidays can be a challenging time, and especially so for Transgender, Non-binary and gender-expansive youth. Lillian Rivera of the Hetrick-Martin Institute offers tips for professionals on working with gender-expansive young people over the holidays.

### **Conversations About Gender at Holiday Get-Togethers**

Our [latest blog](#) gives you tips for navigating conversations when gender comes up at holiday gatherings. From practical strategies to questions you can use to make discussions more meaningful, this article has invaluable information for holidays with family.