

YOUR DAD'S ADVENTURE¹Registered Charity
No: 1068127

Your Dad is about to go on an adventure.

You know, before we are born, whilst we are still in our Mum's tummies, we grow into little boys and little girls. You can tell, as soon as a baby is born whether it is a boy or a girl because we all understand that boys have a willy and girls don't. So we can all tell the difference between boys and girls. We expect boys to grow up to be men and, possibly, Dads; we expect girls to grow up to be women and, possibly, Mums.

And it's not just on the outside that we all grow into boys and girls, and later, men and women, but on inside as well, in the way that we feel about ourselves. It shows in the games we like to play and the friends we choose and the clothes we wear.

But there are ways in which we are all special and different from each other as well. And your Dad is a very special person. There are only a few people who are special in the way that your Dad is, so you won't meet them very often.

Firstly, you need to understand that the way we all think and learn and feel is in the brain, which is in the head; this is the place which tells us whether we are sad or happy or excited, and it is also the place that tells us whether we feel like a boy or feel like a girl. So whilst your Dad was still in his Mum's tummy, the outside of his body was growing into a boy, but, because he's special, inside he was growing to be like a girl. By the time he was born, although he looked like a boy on the outside, deep inside himself, he began to realise that he wasn't really a boy through and through.

He has tried hard all his life to be a boy and a man, inside as well as outside, but he can't change who he is inside. He is not ill, but he doesn't feel like a whole, complete person and so he really needs to change his 'outside' into a woman, to match his 'inside', so that is the adventure that he is going on.

The important thing to remember is that, no matter what happens, your Dad still loves you and always will. You will notice that he begins to look different and dress differently, but he will still love you. You will gradually get used to calling him 'her', and 'she' and using a different name - a woman's name. That will be difficult at first but your Dad will still love you.

So, although she won't look quite the same, she will still be the same person inside and she will still love you. And she needs you to love her too.

¹ for a pre-teen child whose father is transitioning from male to female