

THE DRESS IN THE WINDOW

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"Sweet and uplifting."

—Kirkus Reviews

DOES IT MATTER IF MY CHILD WANTS A RED DRESS OR BLUE JEANS?

A Resource List for Adults

The Dress in the Window stars a young boy who falls in love with a dress. His mother is supportive and calm, yet adults often worry when a child's preferences don't align with typical expectations for their sex. Even if they aren't worried, teachers, parents, and other caregivers may struggle to answer children's questions about gender. Whatever the situation, it's helpful for adults to learn about gender identity and expression. And remember: although a child's behavior may indicate their long-term preferences, that's often not the case.

Childhood is all about exploring the world and finding one's place in it. This includes gender exploration. Many children go through periods where they dress, play, or act in ways that don't match the expectations for their sex. It's natural for children to experiment and no one can predict a child's future based on their current behavior. Be patient and do your best to answer children's questions openly and honestly. This guide offers a few suggestions for how to get started.



On the following pages are links to articles by pediatricians, child psychiatrists, and other experts. You'll find basic information and terminology, tips for talking with a child, and advice for supporting children whose behavior seems to indicate more than curiosity. Access this guide online at www.flyawaybooks.com/resources, where you can follow the links for more information.

Gender Identity Development in Children

[Dr. Jason Rafferty](#), pediatrician and child psychiatrist, offers a succinct look at gender identity and how it forms in young children.

Access Resource
from the American
Academy of Pediatrics

“Cross-gender preferences and play are a normal part of gender development and exploration regardless of [a child’s] future gender identity.” —Dr. Jason Rafferty



**“Whatever your child’s gender identity, do your homework and seek proper care. Showing love and acceptance helps children feel comfortable.”
—Mayo Clinic Staff**

Children and Gender Identity: Supporting Your Child

This article, by the [medical staff](#) of the Mayo Clinic, begins with the basics of gender identity and expression then offers advice on supporting children who don’t conform to societal expectations.

Access Resource from the Mayo Clinic



Gender Identity

The Canadian Paediatric Society offers this resource, developed with guidance from the Child, Youth, and Family Committee of the [Canadian Professional Association for Transgender Health](#) and [Gender Creative Kids](#), Canada. It discusses how gender identity typically develops, how parents and caregivers can promote healthy development, and what to do next if you believe your child is gender diverse.

Access Resource from the Canadian Paediatric Society

How To Support Your Child as They Explore Their Gender Identity

[Dr. Jason V. Lambrese](#), child and adolescent psychiatrist, authored this straightforward list of dos and don'ts.

Access Resource from the Cleveland Clinic

Gender Fluidity: What It Means and Why Support Matters

[Dr. Sabra L. Katz-Wise](#) defines basic terms, explores gender fluidity, and suggests ways to support gender-fluid children.

Access Resource from Harvard Health Publishing

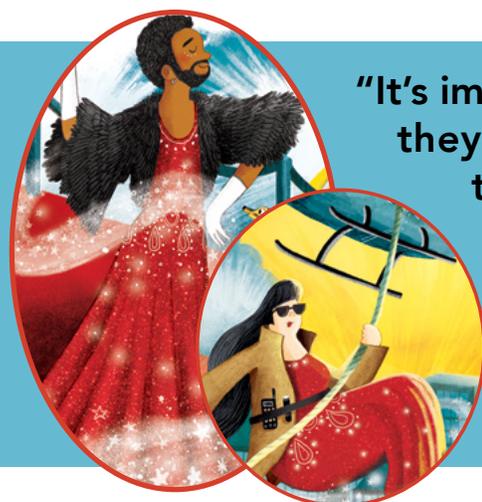
How to Talk to Kids About Gender Identity

Parents.com editor [Amber Leventry](#) draws on their experience as a nonbinary parent to offer advice for talking with children about gender. This article was medically reviewed by [Samantha Mann](#).

Access Resource from Parents.com



**"Kids are in the exploratory stage of life, just figuring out who they are and what they like. That is true when it comes to gender expression, too."
—Dr. Jason V. Lambrese**



**"It's important to teach our kids that they and others have every right to dress, act, and identify in ways that make them feel good and healthy, as long as they are respecting the safety of others."
—Amber Leventry**

