

# AFFIRMATIONS FOR PARENTS OF LGBTQIA+ TEENS



## 1. It is the same child as before. I just know more now.

This might sound tricky, but your child or teen hasn't changed. They are the same person you've known for many years. What happened is that you proved yourself worthy of their trust, and in doing so, they shared something deeply personal about themselves. Continue to earn that trust.



## 2. I'm the parent. I don't need to be the counselor, the teacher, the expert, the doctor etc.

There are other people and professionals in your child's life, but your role as a parent is unique. You can gather the needed resources, but you don't need to become them. Be you and show your continuing love as a parent. That is the one thing that cannot be outsourced.

## 3. Taking care of my own wellbeing is also taking care of my family.

This is the part in an airplane safety tutorial when you're told to put on your own oxygen mask first and only after that help others. If you haven't already, make your own well-being a priority now. Reach out to friends, family, or a professional to get the support that you need. Take time to relax and energize with your favorite hobbies.

## 4. I don't know everything but I can learn.

You can't know everything. None of us do. But you can stay curious, open, and keep on learning. Making mistakes can be painful, but out of that pain, learning can happen. When you know better, you don't have to keep dealing with the same mistakes again. Congratulate yourself on that learning.



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## TEENS

### 5. My teen is the expert of themselves.

Yes, they are. The knowledge we have of ourselves is in constant movement — it's simply a sign that we are alive and in contact with the world, others, and ourselves. Be present and supportive, but let your teen have the space they need to figure things out on their own when they want to.



### 6. Things will not change all at once.

While change is a constant in life, not everything is going to change at this very instant. Living in the moment is a precious skill. Luckily, it is also a skill that can be practiced. Gently bringing your mind back to the present moment can make all the difference when navigating challenging thoughts and feelings.

### 7. I can lean into love.

It's not uncommon to be overwhelmed with many kinds of mixed feelings when a teen is 'coming out.' Can you think about this in a way that your teen is actually 'inviting you in' into their world? If everything feels overwhelming and impossible to understand, remind yourself about the love you feel for your teen. Lean into that love and let yourself feel it. Let it guide you. Let it be stronger than fear.

### 8. I'm responsible for my own process as a parent.

You do have your own identity process going on as a parent, and it needs your attention. You thought you were the parent of a certain kind of kid, but now you need to update your understanding and also your own identity as their parent. Take responsibility for taking the time you need, educating yourself, and taking care of you.



# LGBTQIA+ AFFIRMING RELATIONSHIP COACHING



Hi, I'm Maarit!

I'm an LGBTQIA+ coach, ready to help you with questions on parenting, relationships, gender, sexuality, identity, and all kinds of changes in life. I'm based in beautiful Santa Clarita (CA) and offer my coaching online.

People usually come to me when they are in search of a trustworthy professional who understands what they're going through and can help them feel more at ease with all the big questions and emotions. I'm told I have a grounding energy and that it feels comfortable exploring different viewpoints with me. I cherish holding space for all kinds of emotions and thoughts, as I believe they all hold messages for us to explore together.

In my work I combine the lived experience I have as a member of the LGBTQIA+ community and the vast studies I've done during 12 years of being very knowledge-hungry.

I want to invite you to join me on this journey of discovery. Not just for battling the worry, stigma and minority stress - but also for the joy, pride, self-expression and authenticity. Creating connection.

You are most welcome.



**Contact via email:**  
[contact@coachmaaritg.com](mailto:contact@coachmaaritg.com)

Remember to check out my newsletter!

Book yourself a free introductory meeting at:  
<https://tidycal.com/maaritg/intro-30minute>

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