

Hello!

We are so excited to see you and your family at the upcoming holiday festivities. As you may know, the person you know as **child's former name** let us know this year that our assumptions were incorrect and that (pronoun) is/are **child's gender**. We are so honored that they felt comfortable and supported enough to share their truth with us.

(Pronoun) wanted us to let you know that (pronoun) name is \_\_\_\_\_ and the pronouns (pronoun) uses are \_\_\_\_\_. I have been practicing these when I am not around \_\_\_\_\_ because old habits are hard to break, but I know how important getting names and pronouns right is.

If you and your family would like to practice in advance of the holidays here are some tips that have helped me:

1. Tell my favorite stories aloud to myself about \_\_\_\_\_ with the updated name and pronouns included.
2. I record myself saying things that I routinely say that include \_\_\_\_\_ name and pronouns and play it back to myself a few times a day.
3. I write down things about \_\_\_\_\_ I am grateful for or things that I really like about \_\_\_\_\_ using the correct name and pronouns.

If you know that you or your family will not be supportive and affirming of who \_\_\_\_\_ is please let me know. I would like for (pronoun) to have a holidays free of hate and discrimination.

Lastly, I am happy to give you more information or connect you to resources to answer any of your questions. One resource, @therainbowtoolbox instagram page and [www.therainbowtoolbox.com](http://www.therainbowtoolbox.com) blog actually helped me craft this letter, so that might be a good place to start.

Thank you,