



Health pathway for pre-pubescent children in the Republic of Ireland

It is important to understand that before a child reaches a certain development stage, there are no medical or surgical interventions available. Only a social transition is available, which should take into account the child, family, school, GP and CAMHS. For more information on social transitioning, please consider reviewing the 'Social transitioning' module.

In terms of supporting the health of a gender variant/non-conforming children, you may:

1. Consider bringing your child to an art therapist. Art therapy can help your child with: “developing self-awareness and personal insight; improving sense of self and self-identity; encouraging self-expression; improving confidence and self-esteem; resolving inner conflicts; assisting with gaining a sense of control over difficult emotions and life situations; aiding emotional regulation improving and maintain healthy psychosocial functioning; promoting resiliency and improve coping skills; and supporting neuropsychological growth” (Irish Association of Creative Art Therapists (IACAT), <http://www.iacat.ie/art-therapy-overview>, 2016). To find an art therapist in your area, contact the Irish Association of Creative Art Therapists (IACAT): <http://www.iacat.ie/>

If your child/family member is experiencing significant distress, consider linking in with your GP, who may provide you with a referral to the Child and Adolescent Mental Health Services (CAMHS).