to a Lesbian or Gay Child Michael C. LaSala, Ph.D. Helping Your Transgender Teen: A Guide for Parents Helping Your Transgender Teen Self Esteem Shop 6 Jun 2018. If you are a parent of a teenager who identifies as transgender or is be a useful guide to help you better understand what your teenager is. Images for Helping Your Transgender Teen: A Guide For Parents Written by a clinical social worker, this accessible and compassionate guide provides concrete and detailed information for parents on how they can understand.