

The

QUEER PARENTING

Guide



WORKBOOK

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I appreciate your readership and would be grateful if you could take a moment to leave a review of The Queer Parenting Guide on Amazon. Your feedback is invaluable in helping me enhance my offerings and guide other customers in their selections.

Welcome

This workbook is designed to help you move from ideas to action. Building a family as an LGBTQ+ person can involve unique decisions—legal, emotional, financial, and deeply personal. This companion workbook gives you space to think through those decisions at your own pace. You don't need to have everything figured out. You just need a place to start.

How to Use This Workbook

You can use this workbook in whatever way works best for you:

- Print and write directly on the pages
- Use it digitally on a tablet or computer
- Revisit sections as your situation evolves

Some pages are for planning. Others are for reflection. You don't need to complete everything—just start with what feels most relevant.

A Quick Note

This workbook is a companion to *The Queer Parenting Guide*. It's designed to support your thinking and help you organize your next steps. It is not a substitute for professional legal, medical, or mental health advice.

Start Where You Are

There is no single “right” way to build a family. But there are thoughtful, informed ways to move forward. This workbook is here to help you take that next step.

Take your time. Come back to this as often as you need.

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Queer Parenting Toolkit & Resource Guide

How to Use These Pages

These pages are designed to be written in. You can print them or duplicate them digitally. There are no right answers—use what helps you think clearly and move forward.

Part I: Quick-Start Workbook

Your Path to Parenthood

Which paths are you currently considering?

Adoption IVF / IUI Surrogacy Fostering Co-parenting Not sure yet

Notes:

What Matters Most to You

Rank or reflect on your priorities:

Legal Security: _____

Biological Connection: _____

Budget / Cost Limits: _____

Timeline: _____

Privacy vs Openness: _____

What stands out most right now?

Your Next 3 Steps

1. _____

2. _____

3. _____

Part II: Conversation Worksheet

Partner / Co-Parent Discussion

What does "family" mean to you?

How do you want to divide responsibilities?

What concerns or fears do you have?

Part III: Professional Prep Sheet

Questions to Ask (Write Your Own)

1. _____

2. _____

3. _____

4. _____

Notes from conversations:

Part IV: Legal Preparation Checklist

Before Moving Forward

Researched local laws

Identified a lawyer or legal clinic

Discussed legal parentage

Reviewed documentation needs

Part VI: School & Community Planning

School Evaluation Notes

School Name: _____

What felt supportive?

What concerns came up?

Next steps:

Part VII: Co-Parenting Alignment

Values & Expectations

What values matter most in parenting?

How will you handle disagreements?

Part VIII: Mental Health Check-In

Weekly Reflection

How are you feeling this week?

1. _____

2. _____

3. _____

4. _____

What support do you need right now?

Final Reflection

What feels clearer now than when you started?

What feels clearer now than when you started?

What is your next confident step forward?

Final Note

This workbook is a companion to your journey. Use it in your own way, revisit it as things change, and take each step at your own pace.

You don't need to solve everything at once. Clarity comes from taking one step, then the next.

Whether you're just beginning or already in the middle of your journey, you're building something meaningful—and that matters.

You are not alone in this. There are many ways to build a family—and support exists at every stage.

If this workbook supported you, consider sharing *The Queer Parenting Guide* with others who may need it.