



# THE My Kid Just Came Out and I'm Freaking Out! TOOLKIT

Actionable Steps You Can Take Now!

This toolkit was created for you. I've been where you are, and I want you to know that all the feelings you have right now are impermanent. I know it's uncomfortable, even scary. But know that I am here to guide you through. You've got this!

xo, Heather



## Self-care

### Breathe

This is a self-care technique that anyone can do anywhere! Take a moment right now and try this one for instant calm.

Set a timer for 2 minutes or complete this cycle 6 times.

Close your eyes. Breathe in and count to 4 - let your belly expand and visualize the sweet O2 reaching every cell of your body. Hold and count to 7. Exhale, count to 8, and visualize all the stress, the ick, the heaviness leaving your body. Repeat.

## Communication

### VAST Technique

This is a communication tool I love! The acronym is mine, the concept is used by many!

**V** - Validate

**A** - Ask open-ended questions - lead with curiosity, not judgment

**S** - See them. Be present. Listen and hear. Let them know they are seen and heard.

**T** - (then and ONLY then) Talk

When our kids feel seen and heard, the doors to communication are thrown open!

Embrace \* Educate \* Empower \* Love

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# THE My Kid Just Came Out and I'm Freaking Out! TOOLKIT

Carefully Curated by Heather Hester

Course  
Podcasts

[Learning to Just Breathe](#)

[Just Breathe: Parenting Your LGBTQ Teen](#)

[We Can Do Hard Things](#)

[Life \(Un\)Closeted](#)

Websites

[Understanding LGBTQIA Language](#)

[Resources for Parents - Chrysalis Mama](#)

[PFLAG \(Parents and Friends of Lesbians and Gays\)](#)

[The Human Rights Campaign - Coming Out](#)

[My Kid is Gay](#)

[Anxiety & Depression Association](#)

[The Trevor Project - LGBTQ Mental Health](#)

Books

[This is a Book for Parents of Gay Kids by Reid/Russo](#)

[The ABC's of LGBT+ by Ashley Mardell](#)

[UnClobber by Colby Martin](#)

[Mom, I'm Gay by Susan Cottrell](#)

[Raising LGBTQ Allies by Chris Tompkins](#)

[The Savvy Ally](#)

National  
Hotlines

The Trevor Helpline:

1-866-4UTREVOR/1-866-488-7386

\*Suicide prevention helpline for LGBTQ youth

Trans Lifeline

US: (877) 565-8860

\* Suicide prevention helpline for trans youth, staffed by trans people.

National Youth Crisis Hotline:

1-800-442-HOPE (4673)

\*Provides counseling and referrals to local drug treatment centers, shelters, and counseling services

What Can You  
Do Next?

- Register for Learning to Just Breathe [HERE](#).
- Sign up to receive updates on new podcast episodes and other opportunities for education and engagement.
- Ask me about working with you one-on-one!

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# Learning to Just Breathe

## COURSE OVERVIEW

Created by Heather Hester

### Module One - Introduction and Preparation

### Module Two - Learning to Embrace

- Lesson 1: Embrace
- Lesson 2: Get Yourself Grounded
- Lesson 3: Tell Your Kid You Love Them
- Lesson 4: Get On the Same Page and Buckle Your Seat Belt

### Module Three - Educate

- Lesson 1: The Coming Out Process for Your Child
- Lesson 2: The Coming Out Process for You
- Lesson 3: Research
- Lesson 4: Support
- Lesson 5: Understanding Mental Health
- Lesson 6: Substance use and Abuse
- Lesson 7: Allow Yourself Time to Adjust and Grow

### Module Four - Empower

- Lesson 1: Empower, Advocate, Ally, Oh My!
- Lesson 2: Positive and Healthy Communication
- Lesson 3: Lean into Your Intuition
- Lesson 4: Release Fear

### Module Five - Love

- Lesson 1: Self
- Lesson 2: Child
- Lesson 3: Unconditional

### Module Six - Learning to Just Breathe

- Lesson 1: Making this work for YOU!
- Resources

### PLUS...

- Weekly Office Hours reserved **ONLY** for those enrolled in this course!
- Worksheets at the end of each lesson to deepen learning and growth!
- The Language of LGBTQIA+ ebook

**YES!**  
**I Need This!**

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