

RESOURCES FOR REGRET PARENTS

compiled by the
Children's Health & Human Rights Partnership
www.CHHRP.org



Learning that infant circumcision is medically unnecessary and harmful after the surgery has already been done can cause challenging negative emotions for many parents. You may experience feelings of anger, defensiveness, shame, guilt, regret, or depression.

If you feel this way, you are certainly not alone.

What's done cannot be undone, but there are practical steps you can take to promote healing for you and your son.

- If needed, seek therapeutic help.
- Find support from other regret parents. Join the "[Circ Regret](#)" and "[Parents Regretting Circumcision](#)" communities on Facebook.
- Apologize to your son when the time seems right. Listen to him and validate his feelings if he has questions or concerns. Explain why you did it and express your regret. When your son reaches the age to make his own decisions, provide information on foreskin restoration from the [National Organization of Restoring Men](#).
- Leave future sons intact and educate your children so they know not to circumcise their future sons.
- Tell your story. Protecting other boys and parents from the regret and harm you and your son may be experiencing can be healing. Visit [Circumcision Regret Parents: Knowing More](#) for more information.

"I DID THEN WHAT I KNEW HOW TO DO.
NOW THAT I KNOW BETTER, I DO BETTER."

—Maya Angelou