

# Clinical Lactation Support for LGBTQI2S Families



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## Objectives

- i. Define gender dysphoria and how it affects the breast/chestfeeding experience
- ii. Identify ways to foster inclusion of queer families in the clinical environment and in clinical practices
- iii. Identify clinical techniques for supporting a transgender parent interested in breast/chestfeeding
- iv. Understand how to support queer and trans parents in establishing lactation

## Gender Dysphoria

Gender dysphoria is a very real embodied emotion and a barrier to mental health for a new parent.

Not all trans people experience dysphoria!



## Techniques for Supporting Transgender and GNC Parents

Showing support and fostering an inclusive environment for trans clients in your practice

- Create a welcoming practice for folks of all genders
- Use the correct terms
- Gain background education
- Provide competent emotional support
- Connect the parent with peer support
- Refer if you are unable to assist



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### Techniques for Supporting Nursing Parents with Dysphoria

**TRANS MEN:** Reducing dysphoria and maintaining the chestfeeding relationship

- ❑ Binding during lactation (MacDonald et al)
  - ❑ Wait until feeding is well established
  - ❑ Start with 4 hours at a time
  - ❑ Observe
  - ❑ Looser binder
  - ❑ Massage
- ❑ Resuming hormone replacement therapy during lactation
  - ❑ Wait until chestfeeding is well established
  - ❑ Work with a doctor knowledgeable in HRT
  - ❑ Observe supply, observe baby for hormonal effects (MacDonald et al)
- ❑ Meet them where they are
- ❑ Pumping, combination feeding



### Hormones and Surgery

Trans women

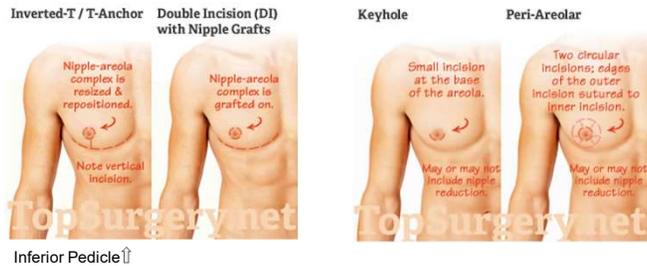
- ★ Continuation of estrogen therapy
- ★ Inducing lactation

Trans men

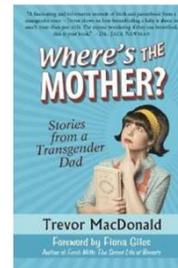
- ★ Resuming testosterone therapy
- ★ May also be inducing lactation



### Types of Chest Masculinization Surgery



### Supporting LGBTQIA2S Families



### Resources

- <http://www.theestablishment.co/2015/11/19/the-troubling-erasure-of-trans-parents-who-breastfeed/>
- <http://www.milkjunkies.net/2012/09/tips-for-transgender-breastfeeders-and.html?m=1>
- <http://languageofinclusion.com/confronting-lgtbq-issues-mind-your-step/>
- <http://lactationmatters.org/2014/04/17/q-a-with-sherry-payne-msn-rn-cne-ibcl-annovator-in-lactation-equity/>
- <http://www.aterellen.com/lifestyle/492217-like-midwife-queer-trans-parents>
- <http://www.milkjunkies.net/p/my-story.html?m=1>
- <http://www.theatlantic.com/health/archive/2016/08/chestfeeding/497015/>
- <http://acquadastanford.com/black-men-do-breastfeed-why-black-transgendered-breastfeeding-narratives-matter-bkbbfng/>
- <http://mutbamagazine.com/2015/02/nursing-while-butch-a-comic-by-a-k-summers/>
- <http://www.milkjunkies.net/2013/05/trans-women-and-breastfeeding-personal.html?m=1>
- <http://hazitt.net/feature/beyond-mom-n-pop>
- <http://m.huffpost.com/us/entry/11793718>
- <http://time.com/4475634/trans-man-pregnancy-ewan/>
- <http://breastfeedingtoday-llli.org/gender-identity-transgender-dad/>