

Supporting Diverse Families

Equity in Lactation Care

Inclusive Language

Thanks for the next 7 slides

Dane Lindquist at Jacksonville Area Sexual Minority Youth Network (JASMYN)

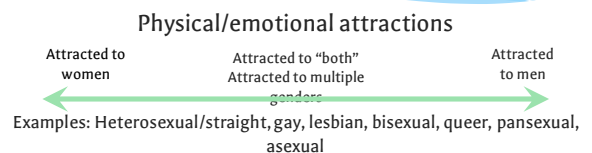
Notes on Terminology

- * Constantly in flux
- * Lack of cross-cultural continuity
- * Power of naming – respect how individuals and communities self identify (terms and pronouns)
- * Terms in **red** may be **outdated and/or considered offensive** – use with caution.

Gender and Sexuality Continuums

1. Sexual orientation
2. Sex assigned at birth
3. Gender identity
4. Gender expression

Sexual Orientation

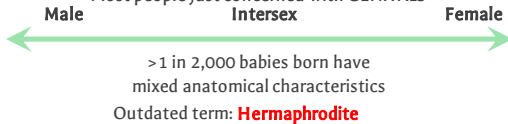


Outdated: **homosexual** Offensive term: **Dyke, fag,**
Talking about orientation/identity as a lifestyle or preference

Sex Assigned at Birth

Way to categorize humans based on physical characteristics
Hormones, chromosomes, secondary sex characteristics

Most people just concerned with GENITALS



Gender Identity

"I am a..." – how one chooses to identify

"Between the ears"

Man

Woman

Other ways of identifying:

Genderqueer

Two Spirit

Bi-gender

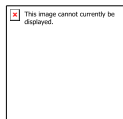
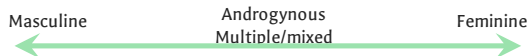
Third gender

Demi boy

Gender Expression

Dress, mannerisms, roles, grooming, speech

Varies greatly across cultures



What does it mean to be transgender?

When a person's gender identity or expression do not line up with societal expectation (sex assigned at birth based on genitals)

What isn't transgender?

Drag (performance)/Playing dress up/Cross-dressing

Cisgender: People whose assigned gender and gender identity align with conventional norms Offensive term: **Tranny**

Pronouns

- ☐ Gender specific pronouns
 - ☐ He, she, him, her
- ☐ Gender neutral pronouns
 - ☐ They, them
 - ☐ Ze, zir
 - ☐ Spivak: E, em, eir
- ☐ Preferred Gender Pronouns

Taking a Medical History

- ☐ What is privilege?
- ☐ We are all biased.
- ☐ Helping when we don't understand or don't agree.
- ☐ Kindness and respect matter more than perfection!

Understanding Privilege, Bias, and Recovering from Mistakes

- ☐ Inclusive language
- ☐ Explaining need for intrusive questions
- ☐ Understanding defensiveness
- ☐ Phone helping

Diverse Family Structures and the Spectrum of Gender Identity



Including Partners

- ☐ Family structures
- ☐ Bonding
- ☐ Support and advocacy
- ☐ Co-breastfeeding or chestfeeding

Supporting Families' Unique Goals

- ☐ Active listening
- ☐ Offering information not advice
- ☐ When each parent has different goals or expectations
- ☐ Empowering families who you don't agree with

Cultural Expectations

- ☐ Gender identity and expected roles
- ☐ Stereotypes within the LGBTQ community
- ☐ Feeling safe
- ☐ Nursing in public

Recovering from Emotional Trauma

- ☐ Previous pregnancies
- ☐ Abuse
- ☐ Family discord
- ☐ Gender dysphoria
- ☐ Coming out every day

Health Care Issues that May Affect Lactation



Limited Research and Knowledge

- ❑ Historically gender specific specialty
- ❑ Lack of cultural competencies
- ❑ Data must be extrapolated from examinations of different populations
- ❑ Parents in need of information and support must seek support from sources that don't acknowledge them.
- ❑ Finding experienced health care providers may be difficult, and likelihood of lactation knowledge low.

Adoption and Inducing Lactation

- ❑ Newman-Goldfarb Protocol
- ❑ Accelerated Protocol
- ❑ Pumping
- ❑ At breast or chest supplementation
- ❑ Managing supply expectation
- ❑ It is about more than just food!

Two Nursing Parents

- ❑ One or both parents may not have given birth.
- ❑ Non-gestational parent may plan to be primary source of milk.
- ❑ Determine each parent's goals, breastmilk or bonding?
- ❑ They are the experts on their own children!

Conception and Fertility

- ❑ Hidden fertility problems due to IVF or surrogacy being the first method of conception attempted.
- ❑ Listen to other clues in Medical History, such as irregular periods, changes during pregnancy, issues with weight.
- ❑ Intersex parents
- ❑ Parent's age

Supporting Surrogates

- ❑ Many surrogates agree to provide breastmilk for a specified length of time, usually negotiated in advance.
- ❑ Discuss safe shipping of breast milk, appropriate storage units, and protocols for exclusive pumping.
- ❑ Help during weaning from the pump.
- ❑ Emotional support, and management of a rigorous pumping schedule with small children in the home.
- ❑ Troubleshooting food sensitivities and supply issues from afar.

Transgender Parents, Surgeries, and Hormonal Treatments

- ☐ Chest surgeries, reduction, sculpting, and augmentation
- ☐ Post surgical hormonal changes
- ☐ Hormone therapies
- ☐ Gender dysphoria
- ☐ Breastfeeding without milk, chestfeeding with abundant supply, and everything in between

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Thanks!

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