

## “Inclusive Lactation Support for LGBTQ+ Families” Presentation Resource List

Glossary of LGBTQ+ related terms: <https://www.hrc.org/resources/glossary-of-terms>

Personal lactation experiences from Trans and Nonbinary people:

[www.theatlantic.com/health/archive/2016/08/chestfeeding/497015/](http://www.theatlantic.com/health/archive/2016/08/chestfeeding/497015/)

<https://www.4thtrimesterbodiesproject.com/>

Clinical Lactation Support:

Trans Nursing Tip Sheet--Great introduction handout: [www.lllc.ca/sites/default/files/REVISED-Trans-Nursing\\_Tip-Sheet.pdf](http://www.lllc.ca/sites/default/files/REVISED-Trans-Nursing_Tip-Sheet.pdf)

La Leche League Trans and Nonbinary information: [www.llli.org/breastfeeding-info/transgender-non-binary-parents/](http://www.llli.org/breastfeeding-info/transgender-non-binary-parents/)

<https://kellymom.com/bf/got-milk/transgender-parents-chestbreastfeeding/>

[www.bfmed.org/assets/DOCUMENTS/PROTOCOLS/Protocol%20%2333%20-%20English%20Translation.pdf](http://www.bfmed.org/assets/DOCUMENTS/PROTOCOLS/Protocol%20%2333%20-%20English%20Translation.pdf)

Co-lactation information: [www.urmc.rochester.edu/breastfeeding/services/lgbtqi-and-breastfeeding.aspx](http://www.urmc.rochester.edu/breastfeeding/services/lgbtqi-and-breastfeeding.aspx)

Trainings:

(Recording) Allies, Advocates and Activists: Equity in Lactation:

[www.lactationtraining.com/filter/?q=allies%20advocates%20and%20activists](http://www.lactationtraining.com/filter/?q=allies%20advocates%20and%20activists)

(Recording) Foundational Concepts in Inclusive Perinatal Care for 2SLGBTQI+ Communities, Bryna Sampley: NC MHI: [www.youtube.com/watch?v=BbdyRYuNkxc&t=52s](http://www.youtube.com/watch?v=BbdyRYuNkxc&t=52s)

(Recorded Webinar Series) Supporting and Promoting Breastfeeding, Chestfeeding and Lactation in Health Care Settings: [www.albany.edu/cphce/lactation.shtml](http://www.albany.edu/cphce/lactation.shtml)

(Recording) Cultural Humility training from NACCHO:

<https://www.youtube.com/watch?v=SaSHLbS1V4w>

<https://mibreastfeeding.org/webinars/>



Inclusive Language:

<https://uslca.org/amplify/reaffirm-inclusivity/>

NACCHO Continuity of Care Blueprint: <https://www.breastfeedingcontinuityofcare.org/blueprint>

<https://mibreastfeeding.org/dei/>

Improving Lactation Support and Continuity of Care: [https://iphionline.org/wp-content/uploads/2021/03/National-Breastfeeding-CoC-Improving-Lactation-Support\\_FINAL.pdf](https://iphionline.org/wp-content/uploads/2021/03/National-Breastfeeding-CoC-Improving-Lactation-Support_FINAL.pdf)

Research Studies:

<https://bmcpregnancychildbirth.biomedcentral.com/track/pdf/10.1186/s12884-016-0907-y.pdf>

[www.bfmed.org/assets/DOCUMENTS/PROTOCOLS/Protocol%20%2333%20-%20English%20Translation.pdf](http://www.bfmed.org/assets/DOCUMENTS/PROTOCOLS/Protocol%20%2333%20-%20English%20Translation.pdf)

[www.bfmed.org/assets/Gender%20Inclusive%20Statement.pdf](http://www.bfmed.org/assets/Gender%20Inclusive%20Statement.pdf)

Handouts:

Sample Co-lactation Feeding plan:

[www.urmc.rochester.edu/MediaLibraries/URMCMedia/breastfeeding/documents/co-lactation-infant-feeding-plan.pdf](http://www.urmc.rochester.edu/MediaLibraries/URMCMedia/breastfeeding/documents/co-lactation-infant-feeding-plan.pdf)

Cultural Humility in Breastfeeding Care (NACCHO handout):

<https://www.naccho.org/uploads/downloadable-resources/Cultural-Humility-factsheet-final.pdf>

Lactation Biology:

[www.healthline.com/health/chestfeeding#who-uses-it](http://www.healthline.com/health/chestfeeding#who-uses-it)

<https://my.clevelandclinic.org/health/body/22201-lactation>

Induced lactation: <https://www.mayoclinic.org/healthy-lifestyle/infant-and-toddler-health/expert-answers/induced-lactation/faq-20058403>

Spiroinolcatone: <https://www.ncbi.nlm.nih.gov/books/NBK501101/>

## **Resources to share with LGBTQ+ patients and families:**

(These are cited from this research article:

[www.bfmed.org/assets/DOCUMENTS/PROTOCOLS/Protocol%20%2333%20-%20English%20Translation.pdf](http://www.bfmed.org/assets/DOCUMENTS/PROTOCOLS/Protocol%20%2333%20-%20English%20Translation.pdf))

### Written resource including lactation:

- Where's the Mother?: Stories from a Transgender Dad by Trevor MacDonald<sup>3</sup>

### Online supports:

- Increasing use of Facebook and social media groups for support
  - Online milk sharing communities (i.e., MilkShare, Eats on Feets)
  - “Birthing and Breast or Chestfeeding TransPeople and Allies Facebook Group”
  - Helpful searches may include “trans” or “LGBTQ” and “breastfeeding” or “parenting”
- Internet mailing list for lesbian, bisexual, and transgender mothers, see Lev et al., 2005.<sup>47</sup>
- Breastfeeding and parenting from a transgender perspective (milkjunkies.net).

### For Health care providers:

- GOLD learning online: Jaye Simpson “LGBTQ Parents and Lactation—An Exploration in LGBTQ Culture” available at: <https://www.goldlearning.com/lecture/221>.

### Professional organizations:

- World Professional Association for Transgender Health.
- La Leche League International, <https://www.llli.org/breastfeeding-info/transgender-non-binary-parents/>.

### Group meetings:

- Peer support is an important predictor of a parent’s success attaining their personal breastfeeding goals.<sup>48</sup> Trans parents and other LGBTQ+ families may already feel isolated, especially if they do not know other LGBTQ+ families.<sup>2</sup>