



# Supporting All Families During Lactation

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She/Her/Hers*

# Parents who receive greater familial support

- More likely to exclusively breastfeed/chestfeed
- Or predominantly breastfeed/chestfeed
- Also parents with a positive perception of familial support did so
- Community health care workers should support breastfeeding
- Family support should be encouraged by health care workers
  - Zhu 2017

**BUT.... OUR COMMUNITY  
LACKS SAFE SPACES OR  
KNOWLEDGEABLE,  
RESPECTFUL LACTATION  
CARE WORKERS...**

# The Key?



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**BE OPEN TO NEW IDEAS AND  
CONTINUOUSLY LEARN!!!  
AND...  
BE RESPECTFUL WHEN  
ASKING QUESTIONS.**

# LGBTQIA2S+

- L - Lesbian
- G - Gay
- B - Bisexual
- T - Transgender
- Q – Questioning/Queer
- I - Intersex
- A – Asexual/Ally
- 2S – Two-Spirited (Indigenous)



# AND +

- There are over 200 identities being defined on sex, gender, sexuality, romantic attraction, or lack thereof – **THEREFORE** – the term will be continually changing.
- Queer is an overall (generally) acceptable term.



# Language Matters!

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**THE LIMITS  
OF MY LANGUAGE ARE  
THE LIMITS  
OF MY WORLD**

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*Ludwig Wittgenstein*

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# Language

- Maternal Child Health field is **very** gendered.
- Focus on “mother” during lactation.
- Most support in the breastfeeding world is heteronormative
- **Bottom line – not all lactating parents identify as mothers, therefore only using the word mother is exclusionary.**

# Research in MCH

- Restricted health care access
- Leads to the exclusion of those who do not identify as a someone who is heterosexual
- OutCare support lists lactation professionals
- Language is important! Both in person and on intake forms.

Farrow, 2014

# Pronouns Matter!

- She/Her/Hers
- He/Him/His
- They/Them
- Ze/E/Ey (Gender neutral)
- Hir/Xe/Hen (Swedish preference opposite for Han or Hon)
- Ve/Ne/Per (Person)
- Thon (That+One)
- Mx (Instead of Using Mr. Ms., etc.)

# Chestfeeding

“Chestfeeding is a term used by many transmasculine and non-binary parents to describe how they feed and nurture their children from their bodies.”

- Not all transmasculine or non-binary parents prefer this term. Nursing and breastfeeding are still used and preferred terms for some.

# So where does that leave you?

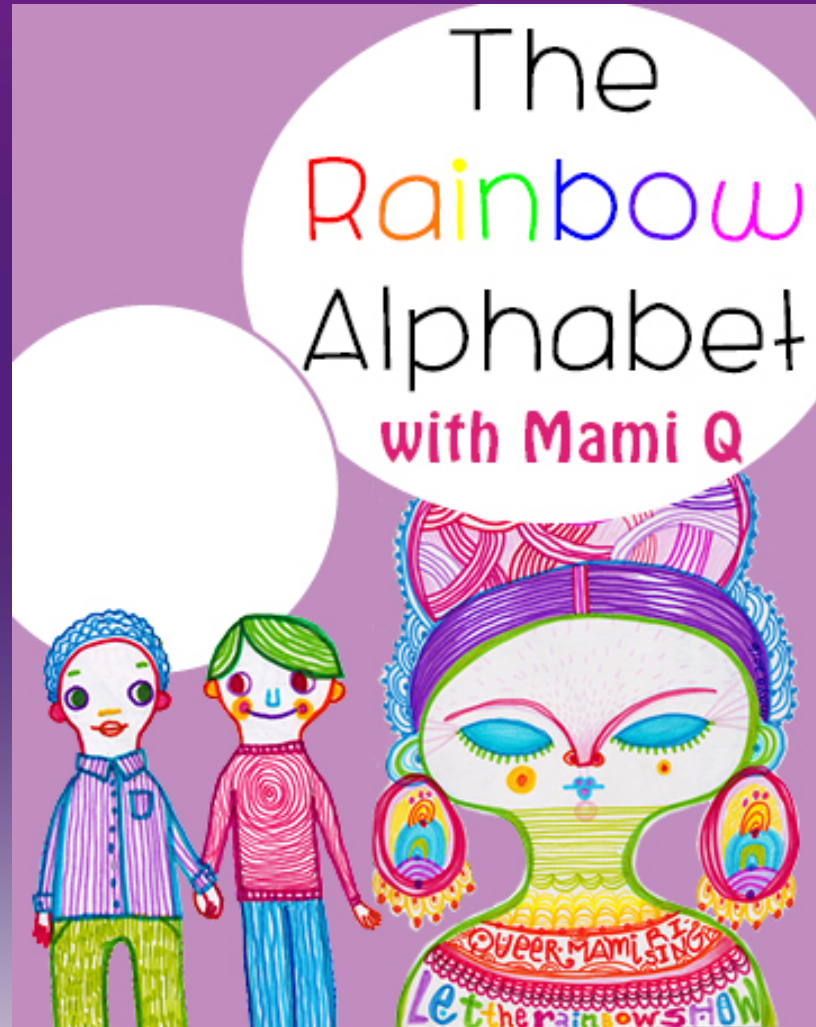
*How do I know I am being inclusive?*

- Look at your intake forms!
- Introduce yourself with your pronouns.
- Don't assume! (Use terms like parent and partner)
- Use respect.

# What if I make a mistake?

- It's ok! Apologize and move on.
- Don't dwell.
- If corrected, take note, apologize, and correct.
- Being asked is better than just assuming.

# Teaching the next generation...





Change can be uncomfortable,  
but....

**Great things  
never came  
from comfort  
zones.**

# Thank You!

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