

LGBTQ+ Related Resources

Compiled by Joy MacTavish in conjunction with “Supporting the Lactation Goals of LGBTQ+ Families” Nutrition First Annual Advances in Lactation Conference
September 17, 2018, Seattle, WA

LGBTQ+ History & Legal:

<https://www.tableau.com/about/blog/2015/6/visualizing-turning-point-history-40610>
<https://www2.census.gov/cac/nac/meetings/2017-11/LGBTQ-families-factsheet.pdf>
<https://www.thestranger.com/slog/2018/01/04/25678353/new-third-gender-option-is-now-available-on-washington-state-birth-certificates>
<http://www.q-law.org/legalresources>
<https://www.kingcounty.gov/courts/superior-court/family/adoption-services.aspx>

Glossaries & Gender:

<https://www.ucdmc.ucdavis.edu/diversity-inclusion/LGBTQI/LGBTQ-Plus.html>
<https://www.glaad.org/reference/transgender>
<https://parentinfo.org/article/lgbtq-glossary-for-parents>
<http://transstudent.org/gender>
<https://lgbtqhealth.ca/community/two-spirit.php>

Pronoun Specific:

https://www.umass.edu/stonewall/sites/default/files/pronouns_intro.pdf
<http://www.peps.org/about/Pronouns>
<https://uwm.edu/lgbtrc/support/gender-pronouns/>
<https://www.teenvogue.com/story/they-them-questions-answered>
<http://time.com/4327915/gender-neutral-pronouns/>

Transgender & Chestfeeding Specific:

<https://kellymom.com/bf/got-milk/transgender-parents-chestbreastfeeding/>
<http://www.milkjunkies.net>
<https://bmcpregnancychildbirth.biomedcentral.com/articles/10.1186/s12884-016-0907-y>
<https://www.theatlantic.com/health/archive/2016/08/chestfeeding/497015/>
<https://www.rachelobrienibclc.com/blog/what-the-heck-is-chestfeeding>
<https://www.llusa.org/support-and-reassurance-in-meeting-chestfeeding-goals/>
<http://www.milkjunkies.net/2013/05/trans-women-and-breastfeeding-personal.html>

Gender Neutral Parenting:

<https://qz.com/work/1279876/>
<https://ravishly.com/non-binary-parenting>
<http://www.raisingzoomer.com/>

A Few Books:

- *Where’s The Mother?: Stories from a Transgender Dad*, Trevor MacDonald
- *Breastfeeding Without Birthing: A Breastfeeding Guide for Mothers through Adoption, Surrogacy, and Other Special Circumstances*, Alyssa Schnell
- *Defining Your Own Success: Breastfeeding After Reduction Surgery*, Diana West

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Local Peer-to-Peer Lactation Support Groups:

LLL Seattle AM Meeting: <http://www.llofwa.org/la-leche-league-seattle-am>

LLL West Seattle AM Meeting: <http://www.llofwa.org/la-leche-league-west-seattle>

Local Parenting Support:

MAIA Midwifery: <http://maiamidwifery.com/>

PEPS: <http://www.peps.org/>

Facebook Support Groups:

*Please note: These groups are primarily, or exclusively, for LGBTQ+ families.
Some allow allies, but please read and/or comment with the utmost respect

Local Seattle-Area LGBTQ+ Parenting Groups:

- Rainbow Families of Puget Sound: <https://www.facebook.com/groups/rfops/>
- LGBTQ Families of South Snohomish County:
<https://www.facebook.com/groups/1693548270880593/>
- Puget Sound Queer Families: <https://www.facebook.com/groups/309961496081945/>

Large/International LGBTQ Parenting Groups:

- Queer Parents Network: <https://www.facebook.com/groups/queerparentsnetwork/>
- Queer Parents: <https://www.facebook.com/groups/queermamas/>

LGBTQ+ Lactation Specific Groups:

- Birthing and Breast or Chestfeeding Trans People and Allies:
www.facebook.com/groups/TransReproductiveSupport
- Trans Feminine Breastfeeding and Lactation Support:
www.facebook.com/groups/343660032648089/
- Queer Liquid Gold: <https://www.facebook.com/groups/QueerLiquidGold>

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