9 THINGS to make a difference for LGBTQIA+ FAMILIES

1

USE inclusive language

ASK how we identify

USE neutral terms

LANGUAGE CAN CREATE BELONGING or BARRIERS

2

AKNOWLEDGE all parents

MAKE eye contact with all of us

ASK all of us how we are doing

3

EXPLORE the whole feeling picture

ASK "How would you like feeling to look like in your family?"

OPEN THE DOOR TO A RICHER AND More COLLABORATIVE CONVERSATION

4

UNDERSTAND EMOTIONAL EQUITY

It's not just about who's producing milk. It's about whos feeling Seen, Supported, Involved.

WHEN ONE PARENT IS NEGLECTED IT CREATES IMBALANCE, WHICH CAN AFFECT BREASTFEEDING SUCCESS

5

OFFER bonding support beyond feeding

Not every parent can or wants to lactate but every parent wants to CONNECT

- ENCOURAGE SKIN-TO-SKIN
- SHARED BEDTIME ROUTINES
- BABY WEARING SONGS
- PLAY

6

SHOW US WE BELONG

Make sure your resources include LGBTQIA+ families.

Show different family types in your imagery Include space for multiple parents in forms.

REPRESENTATION MATTERS

WE WANT TO HEAR YOUR STORY!

LA LECHE LEAGUE COLLECTIVE