

LGBT MUMMIES

*PROUD
FOUNDATIONS*

TRAINING RESOURCES



RESOURCES

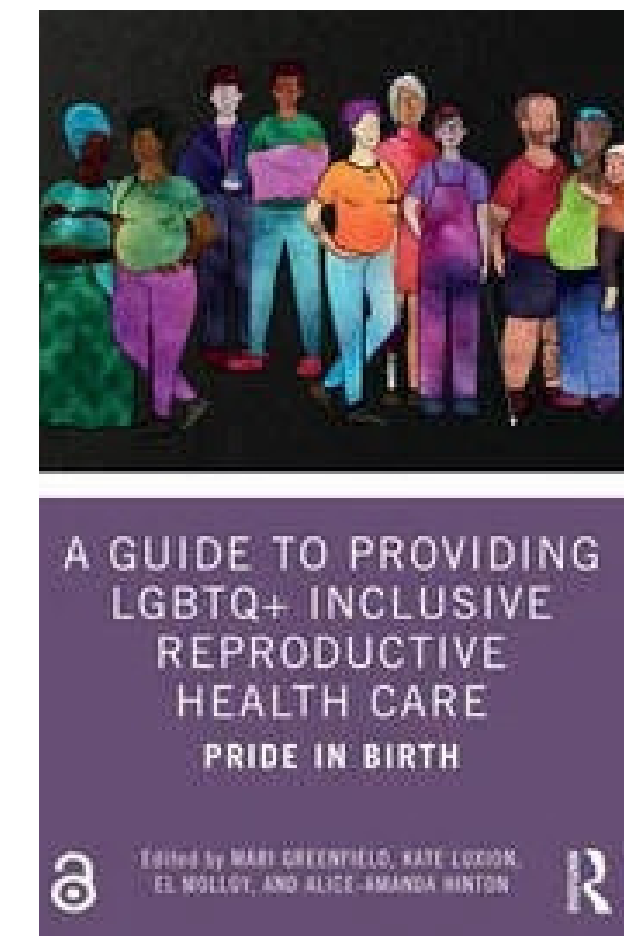
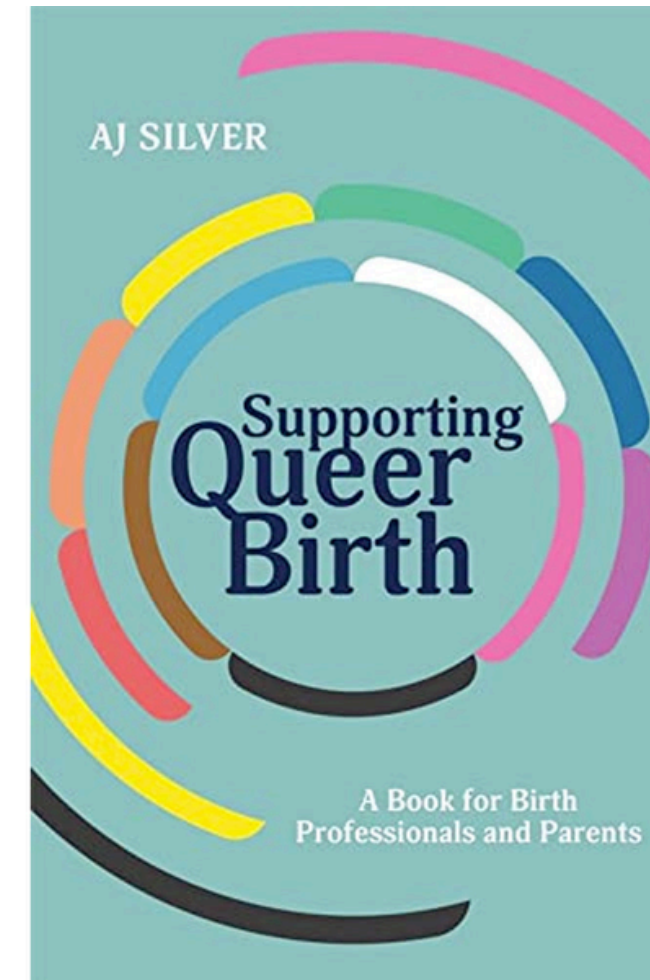
RESOURCES

Adult Books

- 'We are Family'- Susan Golombok
- 'Pride in Birth'- Mari Greenfield
- 'Supporting Queer Birth'- AJ Silver
- The Transgender Issue- Shon Faye
- 'Queer Conception'- Kristin L. Kali
- 'Raised by Unicorns'- Jesse Kahn
- 'The Other Mother'- Jen Brister
- 'Small: On Motherhoods'-Claire Lynch
- 'How we do family'- Trystan Reese

Children's books

- 'You were Meant for Me'-Sheri Sturniolo
- 'My Magic Family'- Lotte Jeffs
- 'Eggs, Donors, Knees & Toes'- Jenna Hill-Wood
- 'The Pirate Mums'- Jodie Lancet-Grant
- 'Little Seahorse & the Big Question- Freddy McConnell



RESOURCES

ITEMS Report

<https://lgbt.foundation/news/revealed-improving-trans-and-non-binary-experiences-of-maternity-services-items-report/475>

Royal College of Nursing

‘Transitions to Maternity Care’

<http://www.rcn.org.uk/Professional-Development/publications/Transition-fertility-maternity-care-uk-pub-010-338>

HFEA ‘Family Formations in fertility treatment’

<https://www.hfea.gov.uk/about-us/news-and-press-releases/2020-news-and-press-releases/new-figures-show-how-different-people-are-using-ivf/>

Healthcare Journal

https://www.mdpi.com/2227-9032/9/12?utm_campaign=releaseissue_healthcareutm_medium=emailutm_source=releaseissueutm_term=coverlink



RESOURCES

MY DETAILS:

Medical/NHS Number: _____ Previous NHS Number: _____
Name (On system): _____ Age: _____
Preferred name: _____

My chosen parent name: _____ Gender Identity: _____
My pronouns are: _____ Sexuality: _____

MY FAMILY:

My Family Unit comprises of: _____ who is my _____
Their preferred name is: _____
Their chosen name is: _____ Their pronouns are: _____
Their chosen parent name is: _____ Other children: _____

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Their preferred name is: _____
Their chosen name is: _____ Their pronouns are: _____
Their chosen parent name is: _____ Other children: _____

FAMILY CREATION:

Family creation Pathway:

Home AI / IUI / IVF / RECIPROCAL IVF / ICSI / Sexual Intercourse (please circle)

Other: _____

Use of Donor: EGG / SPERM / BOTH (please circle) Use of Surrogate: YES / NO

Previous pregnancies: _____ Miscarriage or baby loss: _____

WHAT DOES LGBTQIA+ MEAN?

The terms and definitions below are always evolving, changing and often mean different things to different people. They are provided below as a starting point for discussion and understanding.

LESBIAN

Lesbian is most often defined as a woman who is attracted to other women romantically, sexually, or both.

GAY

Gay is an adjective referring to those with an enduring physical, romantic and/or emotional attraction to people of the same gender.

BISEXUAL

Bisexual, also abbreviated as bi, is a sexual orientation encompassing sexual attraction to multiple genders and/or sexes

TRANSGENDER

Transgender, often shortened to trans, is an umbrella term that describes an individual whose gender identity differs from their assigned gender at birth (AGAB).

QUEER

Queer is an identifier for individuals and/or the community of people who are not cisgender and/or heterosexual. It can be used instead of, or in addition to, other identifiers of sexual orientation, such as lesbian, bisexual or gay.

INTERSEX

Intersex is an umbrella term for people who are born with or develop sex characteristics that differ from the binary notions of a "male" or "female" body. The dissimilarities between individuals in terms of their hormones, chromosomes, external and internal reproductive organs, or secondary sex characteristics are commonly referred to as variations

A - VARIOUS

Asexual refers to people who do not experience sexual attraction towards others, as well as people who experience limited or conditional sexual attraction and relate to the label asexual more than other sexual identity terms

Aromantic, often shortened to aro, describes people who do not experience romantic attraction, or experience little-to-no romantic attraction

Agender, also known as genderless, can be one of the A terms in the acronym LGBTQIA+.

PLUS +

The + stands for all other members of the community.



OPEN QUESTIONING WITH LGBT+ FAMILIES

At LGBT Mummies we understand that it can be difficult for Healthcare Professionals to know how to ask LGBTQIA+ people and their families questions, so here's a few open and positive ways to start a conversation and provide safe, inclusive and supportive care based on their journeys and needs.



SOCIAL MEDIA ACCOUNTS

- @lgbt_mummies
- @d_c_network
- @equalityfortransfamilies
- @glaad
- @queerbirthclub
- @stonewall
- @twodadsuk
- @freddy.mconnell
- @loganecbrown
- @happypolyfamily
- @twomomsinmotion
- @thenonbinaryparent
- @jake_graf5 and @hannahw253
- @laurie_williams8 and @robyn_love13
- @stokeskennedy





SUPPORTING LGBTQIA+ WOMEN &
PEOPLE ON THE PATH TO
MOTHERHOOD OR PARENTHOOD
[@lgbt_mummies](#)

CONTACT

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