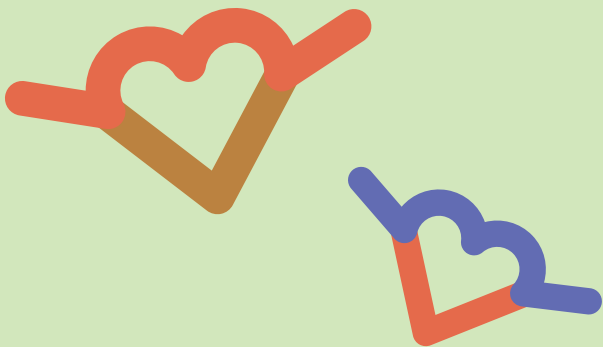


UNDERSTANDING AND WELCOMING TRANS AND NON- BINARY (TNB) PEOPLE IN PERINATAL CARE

A workshop to help make perinatal settings more inclusive of trans and non-binary future parents



En partenariat avec :





More and more future parents are trans and non-binary (TNB) people who choose to carry a pregnancy to term. This number is growing as a result of a combination of factors:

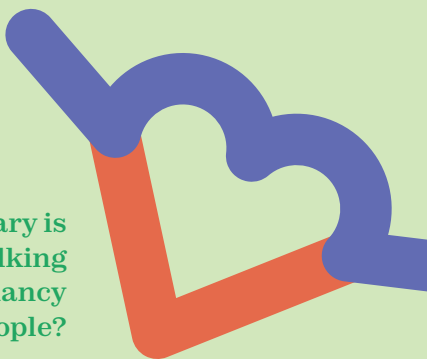
- An increase in the number of LGBTQ2+ parents who affirm their sexual orientation or gender identity;
- Trans people begin their transition earlier in their life course than the previous generation;
- The prohibition against discrimination based on gender identity or expression in the Charter of Rights and Freedoms;
- The evolution of Quebec law which promotes better recognition of families with TNB parents;
- The growing number of TNB people who want to start a family.

Still, for TNB parents-to-be, the path is strewn with barriers and negative experiences in perinatal services. TNB people who wish to start a family face different, unique and less well-known obstacles and challenges than those encountered by future LGB parents (e.g. cisnormativity; gender dysphoria; fertility preservation, stereotypes about trans-parenting, gender norms in health and social services; inappropriate language; etc.).

Trans and non-binary people who are pregnant or giving birth are totally absent from social representations. Pregnancy has always been associated with the world of cisgender women, the female body, and motherhood, to the detriment of others capable of carrying a pregnancy. Because of these exclusions, perinatal services are not tailored to meet the needs of TNB expectant parents who will tend to avoid these services.



How do you make a future non-binary parent feel respected in their identity?



What vocabulary is used when talking about pregnancy with TNB people?

For who?

This workshop is for you if you work in a hospital, a medical clinic, a fertility clinic, an obstetrical unit, a birth centre, a perinatal centre, an organization concerned with perinatal care, a GMF, a CISSS or CIUSSS, or other perinatal resource. You are a:

- > Doula
- > Midwife
- > Nurse
- > Family doctor
- > Doctor specializing in deliveries
- > Obstetrician or gynecologist
- > Working in an organization for perinatal care

When professionals are better informed about the realities and needs of future trans and non-binary parents, they work to better understand them and provide them with adequate support during pregnancy and childbirth.

The workshop *Understanding and Welcoming Trans and Non-binary People (TNB) in Perinatal Care* provides tools for professionals who work in all perinatal spheres so that they feel comfortable interacting with future trans and non-binary parents in their work settings.

**How to support
a trans man in his
chest-feeding?**



What challenges can TNB people have during pregnancy?



What?

Several topics are covered in the training *Understanding and Welcoming Trans and Non-binary People (TNB) in Perinatal Care*, such as:

- Basic concepts regarding LGBTQ2+ realities
- Research on transparent families
- Legal background
- Psychological and dysphoria issues
- Stigma during pregnancy, childbirth and postpartum
- Impact of trans-affirmative surgeries on pregnancy and childbirth
- Appropriate language related to trans and non-binary bodies
- Birth plan adapted to TNB people
- Chest/ breastfeeding
- Best practices for treatment of TNB people
- How to become a better ally
- And many, more relevant elements!



How can I help
a pregnant trans
father-to-be?

PRACTICAL ARRANGEMENTS

The training *Understanding and Welcoming Trans and Non-binary People (TNB) in Perinatal Care* lasts 4 hours / a full day. It is given everywhere in Quebec, on the premises of your establishment or online. A member of our qualified and experienced training team will train you with dynamic and interactive teaching methods.

This training is offered according to your financial means thanks to a subsidy from Bureau de lutte contre l'homophobie et la transphobie.

**For more information or to
book a workshop, please
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En partenariat avec :

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