

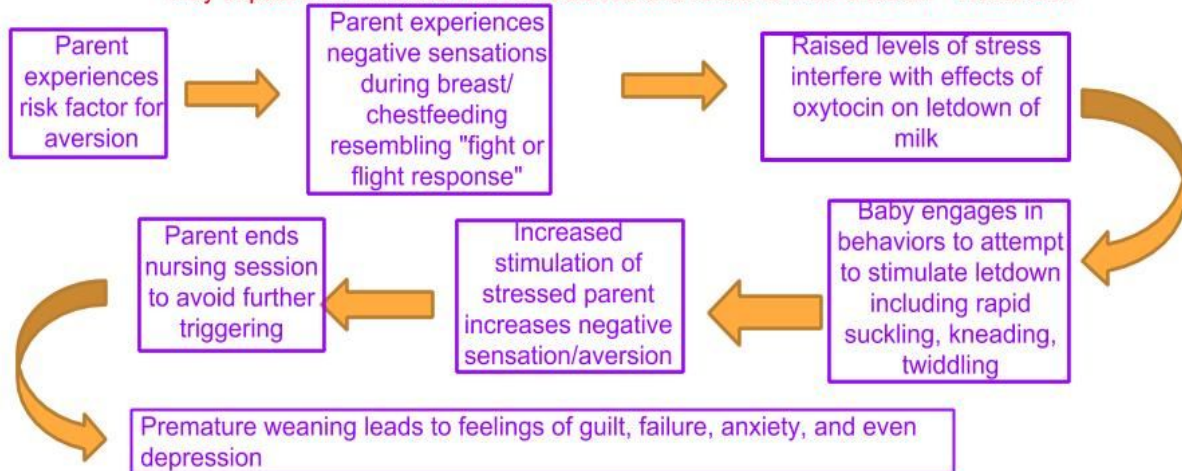
# Supporting Dyads Facing Nursing Aversion, Past Trauma, and Gender Dysphoria

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## How Aversion Affects The Nursing Relationship

- "Breastfeeding has the potential to trigger a range of conflicting cognitions and emotions in mothers that may impact how mothers view themselves and relate to their children" -Watkinson



## Techniques for supporting parent through trauma healing and nursing aversion

Promote self care and heal mind and body to reduce embodied emotional response

An interdisciplinary approach to healing past trauma and anxiety that includes:

<u>Therapeutic</u>	<u>Nutrition</u>	<u>Medication</u>	<u>Self care</u>	<u>Support</u>
Talk therapy	Healthy fats for adrenal health	Acupuncture	Plenty of sleep	Lactation professional
Yoga, meditation and breathing methods	Limit caffeine and other stimulants	Herbal treatments (teas, tinctures)	Breaks from parenting, household duties, and work	Peer group (online or in person)
Bodywork (massage, chiropractic, craniosacral)	Adequate hydration	Western pharmaceutical	Exercise	Partner, friends and family