

Breastfeeding and Feminism International Conference 2018

Workshop: “What Can I Do?” Practical, Positive Steps Toward Gender Inclusion

Presenter: Trevor MacDonald
Friday, March 23, 2018

Role Play: Sheet A

1. IBCLC or lactation counselor: You're meeting your client for the first time. Greet your client. Explain in 2-3 minutes what your practice is all about.
2. IBCLC or lactation counselor: You are seeing a pregnant client for a consultation. Talk to him about how you can best support his plans for infant feeding. You already know that your client identifies as trans and male, and uses pronouns he/his.
3. IBCLC or lactation counselor: You have diagnosed a baby with a tongue tie and must refer the family to a dentist. Your clients identify as two mothers, one of whom is trans and induced lactation. They both breastfeed the baby. Call ahead to the dentist's office (your clients asked you to) and explain the situation to ensure that both women feel included as breastfeeding mothers.
4. IBCLC or lactation counselor: A less-experienced colleague in your clinic just knocked on the door asking for you to consult on a case of a painful latch (the client is already present). Assume that the client identifies as a woman and uses she/her pronouns when discussing her situation with your colleague. Ask basic questions to gather information. The colleague should try to correct your pronoun use and language – you decide how quickly (or not) you will change to using different pronouns (test your colleague's resolve if you dare! Tip: When corrected you could make an excuse like, “but she looks like such a lovely woman” or “Oh, I didn't notice I said she again”).
5. IBCLC or lactation counselor: You are supporting a trans client at the hospital. He has a one-day-old baby. The client uses he/his pronouns and the word dad. You overhear a nurse in the hallway discussing him with an OB, and the OB clearly refers to him as 'mom'. You need to discuss some medications the OB has prescribed for your client that may negatively affect milk production. Approach the OB to discuss both the language being used and the medication.

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Role Play: Sheet B

1. Client: You identify as genderqueer and prefer the pronouns them/they. You like to use the word parent, not mom. You are meeting an IBCLC or lactation counselor for the first time. Listen to their brief introduction about their practice.
2. Client: You are pregnant and identify as trans and male (language: he/his pronouns and dad). This pregnancy wasn't planned, but you welcome it. You were taking testosterone when you found out that you were pregnant, and stopped it immediately. There are a lot of body changes to adjust to. You haven't had top surgery yet and your chest is growing rapidly. You are thinking about nursing your baby but you're worried about experiencing overwhelming gender dysphoria. You have set up an appointment with a lactation consultant to talk things through.
3. First play the role of a receptionist at a dentist's office; then play the dentist: Respond to a phone call from a lactation consultant making a referral.
4. IBCLC or lactation counselor: Your client is experiencing problems with a very painful latch, and you haven't been able to sort it out. You decide to consult with a more experienced colleague in your clinic. The client identifies as non-binary and uses they/them pronouns and the word parent.
5. OB: You are caring for a client who gave birth yesterday. You like to call all of your clients “mom” since you're sure this makes them feel proud and confident about caring for their newborns. Respond to the client's IBCLC approaching you with some concerns.