

INDUCING LACTATION FOR THE LGBTQ+ COMMUNITY

COLORADO BREASTFEEDING CONFERENCE BREAKOUT
WITH ALLISS HARDY, BS, CLC



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OBJECTIVE

- The sole purpose of this session is to provide information on the subject of inducing lactation, re-lactation, and co-lactation, and adoptive breastfeeding. To discuss reasons why one may choose to do so and what that may look like.

DEFINITIONS

- **Induced Lactation:** a process by which the breasts are stimulated to produce milk in a woman who has never been pregnant (adoption, co-lactation, surrogacy).
- **Re-lactation:** a process by which a mother who has previously breastfed, stimulates the breasts to produce milk without pregnancy and childbirth.
- **Chestfeeding:** is a term used to describe how masculine-identified, transmasculine, and non-binary parents feed and nurture their children from their bodies.
- **Lesbian** (adj., noun): A sexual orientation that describes a woman who is emotionally and sexually attracted to other women.
- **Gay** (adj.): A sexual orientation that describes a person who is emotionally and sexually attracted to people of their own gender. It can be used regardless of gender identity but is more commonly used to describe men.
- **Bisexual** (adj.): A sexual orientation that describes a person who is emotionally and sexually attracted to people of their own gender and people of other genders.
- **Transgender** (adj.): Describes a person whose gender identity and assigned sex at birth do not correspond. Also used as an umbrella term to include gender identities outside of male and female. Sometimes abbreviated as trans.
- **Queer** (adj.): An umbrella term used by some to describe people whose sexual orientation or gender identity is outside of societal norms. Some people view the term queer as more fluid and inclusive than traditional categories for sexual orientation and gender identity. Owing to its history as a derogatory term, the term queer is not embraced or used by all members of the LGBT community.
- **“+”/Plus:** The plus sign represents the ever-growing list of terms people use to describe their sexual orientation or gender identity. There are many different variations of the LGBTQ+ acronym, and the “+” acknowledges that it is not possible to list every term people currently use.

REASONS FOR INDUCING LACTATION

- **Adoption**
- **Co-lactation**
- **Gestational Surrogacy**
- **Re-lactation**

WHERE SHOULD YOU START?

- Don't focus on a having large supply
- Any amount is a precious gift and beneficial to your child
- Remember that it takes patients, time, and commitment (start at least 6 months before baby is due)
- It's not just about the milk, it's also about bonding with your child
- SKIN 2 SKIN is very important for bonding and hormones that help with milk production (ASAP after birth for at least an hour)
- Increased Hormone therapy & Medication to trick your body
(ask your physician and/or a Lactation Consultant about what to take and how often)
- Milk expression (starts at 6 weeks before baby is due, hospital grade pump, every 2-3 hours)

*Newman-Goldfarb Protocols for Induced Lactation® © 2002-2019

- <https://youtu.be/UIOmrVF4Ymw>
Dr. Manisha Gorgi explains...

NEWMAN-GOLDFARB PROTOCOLS FOR INDUCED LACTATION® © 2002-2019

- Regular
 - For intended parents expecting a baby via surrogacy or adoption with a long period of time
- Accelerated
 - Suitable for intended parents via adoption, those re-lactating, or co-lactating
- Menopause
 - Suitable for intended parent expecting a baby via surrogacy, adoption, re-lactating, or co-lactating.
 - *If the parent is menopausal due to surgical removal of the female reproductive organs or naturally occurring menopause, they can still breastfeed and bring in a milk supply. They do not need a uterus or ovaries in order to breastfeed. All that is needed are breasts and a functioning pituitary.
- How do I know which one to choose? For more information go to https://www.asklenore.info/breastfeeding/induced_lactation/ilca2007decision_tool.pdf

Newman – Goldfarb Protocols for Induced Lactation: Decision Tool

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PHASE I

Protocol choice

The choice of protocol begins with the baby's estimated date of arrival.

Whether or not the mother has functioning ovaries will determine which protocol to follow.

Available protocols

The choice of when to start breastfeeding and/or pumping begins with the baby's estimated date of arrival and whether or not the mother has completed the protocol.

Instructions for the mother regarding medications, herbs, breastfeeding and/or pumping.

PHASE II

Building the mother's breastmilk supply.

References:

Cadwell, K. (2007). Personal Communication. Union Institute & University Doctoral Program, Cincinnati, Ohio: Union Institute & University.
 Goldfarb, L. (2007). Newman-Goldfarb Protocols for Induced Lactation: Decision Tool. Unpublished Manuscript, Union Institute & University Doctoral Program, Cincinnati, Ohio: Union Institute & University.
 Newman, J., & Goldfarb, L. (2002). *The Protocols for Induced Lactation: A Guide for Maximizing Breastmilk Production*. Available from: <http://www.asklenore.info>

STEP BY STEP



CON'TD....

- Sometimes, re-lactation produces enough breastmilk to supply all of baby's needs. Other times, supplementation may still be needed. The following strategies for re-lactation and induced lactation to stimulate milk production:
 - Putting baby to breast to suck at each feeding and for comfort between feedings as often as possible.
 - Using [hand expression](#) or a breast pump.
 - Using a nursing supplementer to provide expressed milk at the breast while baby sucks at the breast.
 - Taking herbs/medication that increase milk supply. If you do use herbs or medications to increase your supply, be sure to speak to a lactation consultant or health care professional about your specific medical history as well as your breastfeeding goals.

SNS - SUPPLEMENTAL FEEDING SYSTEM

- These devices allow you to chest/breastfeed while waiting for your milk supply to come in.
- These give you the bonding and physical experience although your body isn't producing a substantial amount of milk
- These can be temporary or used frequently when feeding



MORE SNS



MOTHER'S MILK BANK

- Some transgender and non-binary parents use milk banks to acquire human milk for their babies.
- La Leche League (LLL) USA fully supports the use of human milk for babies
- They cannot facilitate or set up milk sharing networks, however your local LLL Leader can help you with contact information, non-profit human milk banks, other regulated collection centers, and peer-to-peer milk sharing networks.
- You can also contact your HPP, IBCLC, CLC, Midwife, Doula, and Lactation Peer Educator for more information

<https://rmchildren.org/mothers-milk-bank/>

