

# GENDER INCLUSIVE PERINATAL CARE

Not all birthing parents identify as women or mothers ... trans men & non-binary people can give birth too



gender reassignment is a protected characteristic (Equality Act 2010)



trans & non-binary people face significant social & health inequalities



65% have had a previous negative experience of healthcare



pregnancy is possible even after testosterone therapy

## WHAT CAN YOU DO TO SUPPORT TRANS & NON-BINARY PARENTS?



remember that interacting with a gendered system can be distressing



ask ALL service users about their pronouns & offer pronoun stickers to trans & non-binary people

chestfeeding after top surgery may require extra support



use inclusive language when talking to, or about, groups of people

offer your own pronouns when introducing yourself



if you make a mistake, apologise, correct yourself & move on

mirror the language people use to describe their own bodies



get comfortable with "they/them/theirs" pronouns

appreciate that gender dysphoria may get worse, or better, during pregnancy



make sure signs & leaflets are gender inclusive



offer a sideroom on antenatal & postnatal wards



### ADDITIONAL SUPPORT:

ADVOCACY AT APPOINTMENTS - 1:1 BIRTH PREP - HOSPITAL TOUR - LANGUAGE PREFERENCES

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