



Understanding Human Milk Feeding

Welcome to a World of Possibilities!

The LGBTQ+ Human Milk Feeding Coalition is thrilled to present this guide to human milk feeding within our diverse families. Whether you are exploring options for nurturing a new life or supporting others in their journey, this handout is designed to inform, inspire, and embrace the beautiful spectrum of family feeding choices.

Facts About Lactation



Inclusivity in Feeding: Individuals across all gender identities can potentially produce milk and/or feed a baby at the breast or chest. This natural ability transcends traditional gender norms, opening doors to nurturing connections in queer families.

Inducing Lactation: It's possible to lactate (produce milk) even without having given birth. This process, known as induced lactation, enables parents and caregivers of any gender to feed their child breast milk, fostering a profound bond.



The Journey of Re-lactation: Whether you've lactated before and wish to do so again for a new family member or in response to an emergency, re-lactation is a viable and valuable option. This adaptive capability of the human body allows for the feeding of a baby through natural means, regardless of biological connections.

Innovative Feeding Methods: Human milk can be fed in numerous ways, accommodating the unique needs and preferences of each family. Whether through a nursing supplementer at the chest, cup feeding, or other methods, flexibility in feeding fosters inclusivity and accessibility, ensuring every family can enjoy the closeness, and nutritional benefits, of chestfeeding.



Co-lactation: Sharing the lactation journey with a partner or another caregiver can enrich the feeding experience for the baby and strengthen family bonds. Co-lactation, where more than one person lactates for the baby, embodies the collective nurturing spirit of our communities.



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Embracing Donor Human Milk

In circumstances where producing milk may not be possible or sufficient, donor human milk becomes a cherished resource.

Benefits



- **Fosters Connection:** Can encourage emotional and physical connection.
- **Ideal Nutrition:** Provides perfectly tailored nutrients.
- **Boosts Immunity & Health:** Enhances disease resistance and overall well-being.
- **Supports Development:** Aids critical physical and cognitive growth.
- **Benefits Parental Health:** Reduces risk of certain diseases and improves emotional state.



Considerations for Donor Milk



When using donor milk, consider the following to ensure the best for your baby:

- **Cost:** Understand the financial implications, whether through a bank or informal sharing.
- **Safety:** Prioritize donor screening for infectious diseases, medication use, and lifestyle factors that may affect milk quality.
- **Storage and Handling:** Ensure proper refrigeration and freezing to prevent bacterial contamination.
- **Integrity of Milk:** Be aware of the risk of adulteration, such as dilution or addition of foreign substances.
- **Non-Profit Milk Banks (HMBANA Sites):** Ideal for their rigorous screening and safety protocols, ensuring the health and well-being of your baby.
- **For-Profit Milk Banks:** While available, they are generally not recommended due to potential commercial interests overriding donor milk integrity.
- **Informal Milk-Sharing:** This option includes donations from known individuals or through milk-sharing organizations. It's a practice built on trust, community, and shared commitment to child welfare.

Your Journey, Your Choice

In the end, the way you choose to feed your baby is a personal journey, shaped by love, care, and informed decision-making.

The LGBTQ+ Human Milk Feeding Coalition supports every family in finding the path that best suits them, offering guidance, resources, and a community of support. Welcome to the beautiful diversity of family feeding.



SCAN ME

