

## Resources

### Lesson 1: Gender 101

- [Gender 101 explainer video](#)
- Gender Basics and Education – [Glossary](#) (Trans Care BC)
- [Indigenous Gender Diversity](#) (LearningHub eLearning course)
- Two-Spirit [information and local resources](#) (Trans Care BC)
- [Honouring Indigenous Women and Families' Pregnancy Journeys poster](#) and [booklet](#) from Perinatal Services BC
- [What and who is Two-Spirit](#) (Canadian Institutes of Health Research)
- Impact of Anti-Trans Bias [Infographic](#) (UBC CPD)
- [Trans Rights Toolkit](#) (Trans Care BC)
- [Trauma-informed care resources for healthcare providers](#) (College of Physicians and Surgeons of British Columbia)
- [Gender-Affirming Primary Care](#) (UBC CPD online module)
- [Online Module: Intro to Gender Diversity – Expanded](#) (Trans Care BC)
- [Gender Basics and Education](#) (Trans Care BC)

### Lesson 2: Gender-Affirming Care

- [Gender-Affirming Primary Care course](#) (UBC CPD online module)
- [Making Mistakes](#) (Trans Care BC)
- [Gender Inclusive Language: Building relationships with new clients](#) (Trans Care BC)

### Lesson 3: Creating a Welcoming Space

- [Clinical Mentorship Call](#) (Trans Care BC)
- [Accessible Care Strategies for organizations and programs](#) (Trans Care BC)
- [Making Mistakes](#) (Trans Care BC)
- [10 things midwives can do to create a more welcoming practice for 2SLGBTQIA+](#) (BC Midwives Initiative)
- [All Families Welcome](#) flag
- [Increasing Gender & Sexual Inclusivity Within Midwifery Practice](#) - Tip Sheet (Midwives Association of BC)

# GENDER-AFFIRMING PERINATAL CARE: SAFE, RESPECTFUL, AND CELEBRATORY

## Lesson 4: Preconception Care

- [Midwifery Hormonal Contraception Course](#) (UBC CPD online module)
- [Contraceptive Decision-making Tool](#) (SOGC)
- [Guidelines for the primary and gender-affirming care of transgender and gender non-binary people](#) (includes information on fertility preservation)
- [Planning for reproduction](#) - Trans Care BC
- [Family-Centred Maternity and Newborn Care: National Guidelines - Preconception Care](#)
- [Preparing for pregnancy as a non-binary person](#) (Family Equality)
- [Trans family building](#) (Family Equality)
- [Sexual and Reproductive Health](#) - for trans and gender diverse people (Trans Care BC)
- [Postpartum Support for 2SLGBTQIA+ Families](#) (Pacific Postpartum Society)
- [LGBTQIA2S Pregnancy and Birth Resources](#) (Midwives Association of BC)
- [Trans-Inclusive Reproductive Mental Health](#) (Pacific Postpartum Society)

## Lesson 5: Pregnancy Care

- [Gender Inclusive Language](#) (Trans Care BC)
- [Gender Affirming Surgeries](#) (Trans Care BC)
- [Testosterone-based hormone therapy](#) (Trans Care BC)
- [Gender-Affirming Primary Care](#) (UBC CPD online module)
- [Things to Know About Binding](#) (Trans Care BC)
- [Mental Health & Wellness Support](#) (Trans Care BC)
- [Edinburgh Postnatal Depression Scale](#)
- [Trans-inclusive Abortion Services](#)

## Lesson 6: Labour and Birth Care

- [Queer Doula Toolkit](#)
- [Care Plan for Gender Diverse and Transgender Obstetrical Patients](#)
- [Doulas for Aboriginal Families](#)
- [Doula Services Association of BC](#)

## Lesson 7: Postpartum Care

- [Edinburgh Postnatal Depression Scale \(EPDS\)](#)
- [Nutrition, Exercise, Sleep and rest, Time for self and Support \(NEST-S\) Program](#)
- [Mental Health and Wellness Support](#) (Trans Care BC)
- [La Leche League Canada](#)
- [Pacific Post Partum Support Society](#)
- [Queer and Trans Parent Support \(Postpartum Support International\)](#)
- [At risk of pregnancy? Contraception for transgender, nonbinary, gender-diverse, and Two Spirit patients](#) (BC Medical Journal)

## Lesson 8: Newborn Care and Infant Feeding

- [Gender is a Conversation, Not an Expectation](#) (BC Healthy Child Development Alliance, Feelings First initiative)
- [Breastfeeding Protocol: Expressing, Collecting, and Storing of Human Milk](#) (Baby-Friendly Initiative)
- [Breastfeeding the Healthy Term Infant Guideline](#) (Perinatal Services BC)
- [Informal \(Peer to Peer\) Milk Sharing: The Use of Unpasteurized Donor Human Milk](#) (Perinatal Services BC)
- [Transgender/transsexual/genderfluid Nursing Tip Sheet](#) (La Leche League)
- [Breastfeeding After Breast and Nipple Surgeries](#) (Please note that it is not gender-inclusive; however, the post-surgical impacts on anatomy and physiology of lactation and the associated clinical guidance are relevant)
- [Breastfeeding Without Giving Birth](#) (La Leche League)
- [Protocols for Inducing Lactation](#) (Canadian Breastfeeding Foundation)
- [Protocols for induced lactation: decision tool](#)
- [Lactation Care for LGBTQ+ Patients](#) (Academy of Breastfeeding Medicine)