

Affirming Care for LGBTQ+ Young Parents

Your family is real, your name and pronouns matter, and you deserve care that treats you that way at every step.



Pregnancy and parenting systems are often built around one picture of a family. **Yours counts just as much.** This guide is for trans and nonbinary parents, two-mom and two-dad families, bi and queer parents, and anyone whose family does not fit the assumption.

Care that respects who you are

You can ask providers to use your name and pronouns. A good clinic will put them in your chart. You are allowed to correct staff, and you are allowed to switch providers if you are not treated with respect.

Trans and nonbinary people get pregnant and parent. You deserve prenatal and postpartum care that does not assume your body or your role. If a provider is not affirming, the Network can help you find one who is.

Feeding your baby is your choice. Whatever words you use for it, support exists. WIC offers feeding support, and you can ask for help that fits your body and your comfort.

Making your family legal and protected

The Massachusetts Parentage Act (2025) helps two-mom, two-dad, and trans parents secure legal parentage so both parents are recognized. This protects your rights and your child. Do not assume it happens automatically. Get it in place.

- Ask about confirming parentage early, ideally before or soon after birth.
- GLAD Answers can walk you through the steps for free.
- Keep copies of legal documents in a safe place.

When family is hard

If your own family is not in your corner, that is their loss and not your fault. Chosen family is real family. PFLAG supports parents and loved ones, and Family Equality connects LGBTQ+ families nationwide. You are allowed to build the village you needed.

Who to call

Affirming-care navigation (the Network): **774-775-2656**

Legal parentage, free (GLAD Answers): **800-455-4523**

Local affirming health services (Health Imperatives, NB): **508-984-5333**

Community & family support: pflag.org · familyequality.org

General information, not medical or legal advice. For medical questions about pregnancy and gender-affirming care, talk with an affirming clinician. The Network can help you find one: call 774-775-2656.