

gender identity during pregnancy

Pregnancy is a time of great change, both in our minds and our bodies. These changes can be exciting, difficult, or both. They may impact your body image or the way you see yourself as a person. And they may impact, or be impacted by, your **gender identity**. Your gender identity is your internal sense of self in relation to gender.

We know that people with a wide range of gender identities get pregnant and give birth, and that many people may have new thoughts about their gender identity during pregnancy. From the stories of transgender and non-binary people, we know that pregnancy affects gender identity in a variety of different ways. For some people, pregnancy can be emotionally difficult and can increase **dysphoria**. Dysphoria is a sense of conflict between a person's gender identity and their body. For other people, pregnancy offers a chance to really appreciate what their body is capable of doing. And for many people, pregnancy brings up a mix of feelings.

At Quilted Health we offer whole-person pregnancy care, which means we also care about how you are feeling during pregnancy. **Please feel free to talk to your midwife if you have thoughts, questions or concerns about gender identity.** We are here to support you. For additional support, peer resources such as social media groups may be helpful. Here are a few Facebook groups* we recommend:

- Non-Binary Pregnancy and Parenting Support
- Birthing and Breast or Chestfeeding Trans People and Allies
- Trans/Non-Binary Folks Pregnant Right Now
- Birthing & Nursing Masculine of Centre #guyslikeus Only Space - No Allies

*Please note that some of these groups are “secret” groups, but you can join the public Non-Binary Pregnancy and Parenting Support group and ask to be invited to join them.

