

Description

Conceivable: A Guide to Making 2SLGBTQ+ Family by Laine Halpern Zisman

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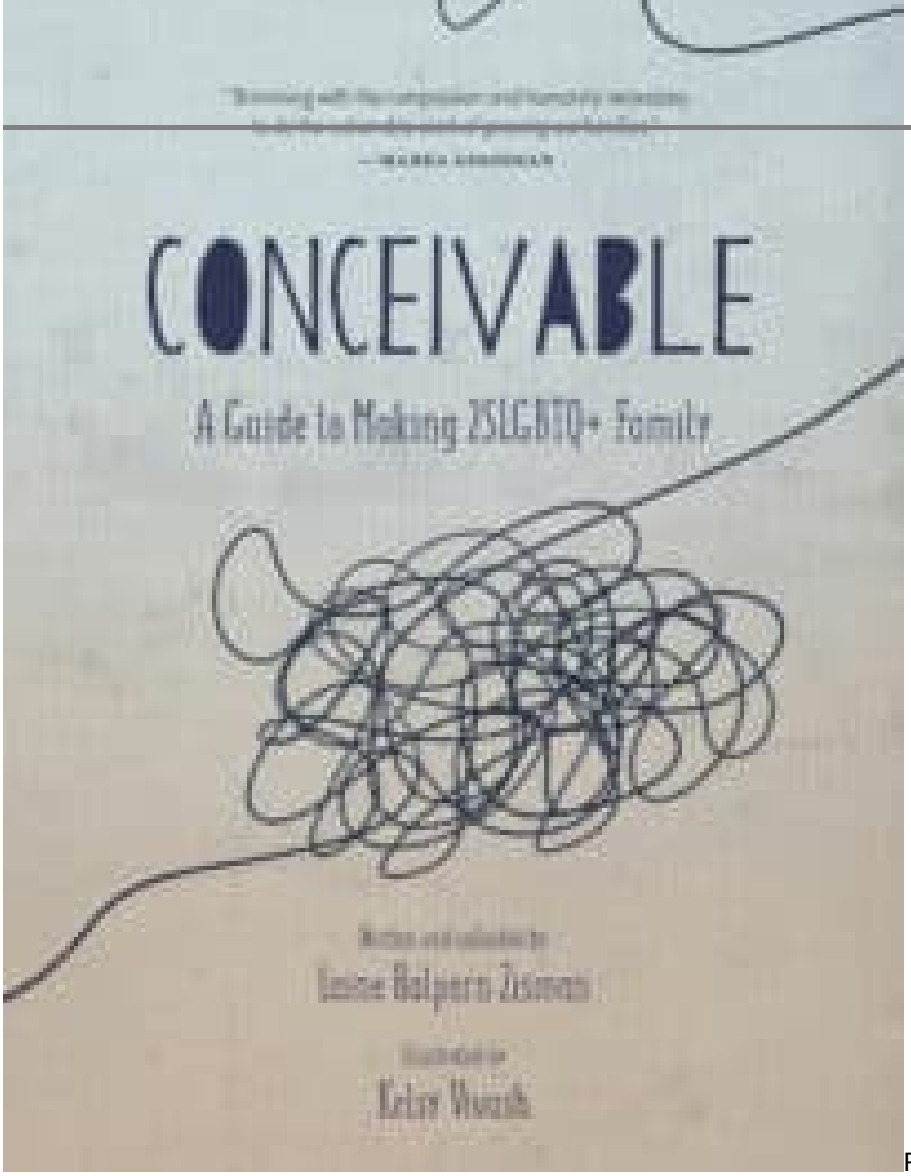
Pages: 288 pages

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Review by Sarah Fitzsimmons, Independent Midwife



Reading Conceivable felt a bit like being wrapped in a reassuring hug – if that hug also came with incredibly well-researched, evidence-informed advice and a whole lot of thoughtful, inclusive insight. The book not only informs but genuinely accompanies you through what can be an overwhelming and often isolating journey to parenthood.

Having supported LGBTQ+ families as their midwife after conception, I understand that many seek out others in their community who have become parents as a primary source of education and support. When this isn't easily available, Conceivable steps in to provide it – gently, supportively, and with great encouragement.

This isn't a standard fertility handbook, it's a warm, honest, and empowering resource that centres LGBTQ+ voices, families, and experiences – something still too rare in reproductive health literature. Laine is a researcher, doula, and fertility support practitioner and her wide-ranging experience shines through. Whether she's explaining the complexity of reproductive rights, breaking down procedures like IVF or IUI, or reflecting on the emotional highs and lows of trying to conceive, her tone remains grounded, generous, and human.

While the book is written within the context of Canadian law and systems, and some terminology and legalities may require readers to adapt or seek out their own local equivalents, this feels like a minor inconvenience in a book of such broad international relevance.

For midwives, this book is a gift. It offers not just medical context, but emotional and cultural relevance too

What I really appreciated was how Conceivable doesn't shy away from hard truths. It acknowledges the institutional inequities that LGBTQ+ people face – from discriminatory healthcare practices to inaccessible fertility funding – and yet does so with a sense of hope and resistance.

For midwives, this book is a gift. It offers not just medical context, but emotional and cultural relevance too – making it highly useful when supporting clients navigating non-traditional family-building paths. It's informative, yes, but also deeply affirming.

Whether you're a queer parent-to-be or a midwife wanting to show up better for your families, Conceivable is worth your time. Keep a highlighter handy – you'll want to mark this one up.

Category

1. Book reviews

Tags

1. LGBTQIA+

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