

Birthing And Breastfeeding For Black Mothers; A Birth Story

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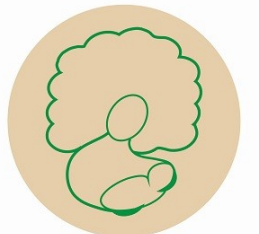
- Married
- Mother of 5
- OT (pediatric, NICU, PICU, outpatient, adults)
- CLC
- Birth Doula
- Assistant Midwife in training

About Me



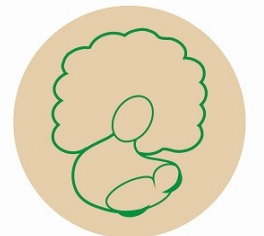
Some Of My Fundamental Birth-related Philosophies:

- The way a baby arrives matters.
- A woman's birth story stays with her forever.
- How a woman chooses to nourish her infant will be a part of the after-birth story.



My Objectives

- Describe how history can impact the way a Black woman views birth and breastfeeding
- Describe how history can impact the way a healthcare team views a Black woman during her prenatal and postpartum course
- Provide you with at least 3 ways that we can all contribute to improving maternal and infant mortality rates in America

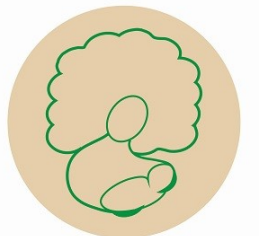
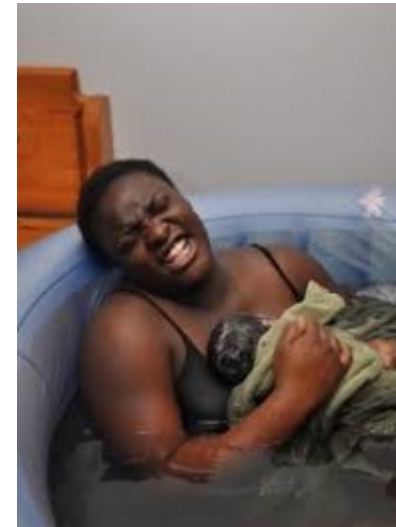


Birthing And Breastfeeding For Black Mothers

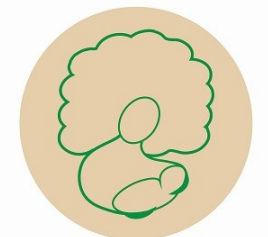


What's The Difference?

Other women have it hard too (pics of different women)...



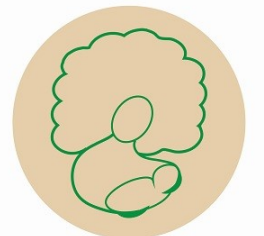
Does Focusing On **One** Group Mean That Other Groups Are Not Important?



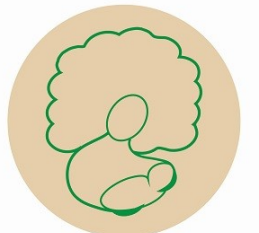
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What Are The Facts?

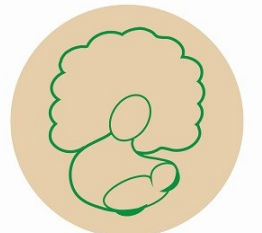
- Black women are 3-4 times more likely to die during pregnancy and childbirth (Merck for mothers)
- Infant mortality is highest among Black babies (Henry J Kaiser Family Foundation, 2018)
- Black mothers are less likely to breastfeed (CDC, 2011-2015)



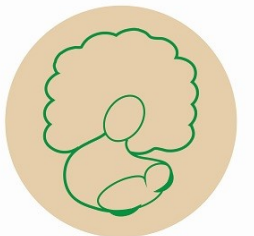
MEET EVIANOS



Melba Beals



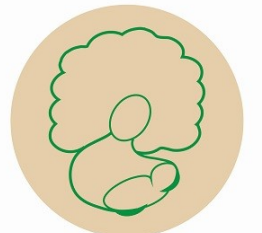
Melba Beals



MELBA BEALS

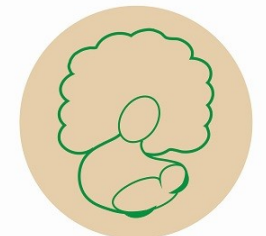


Melba Beals- Born in 1941



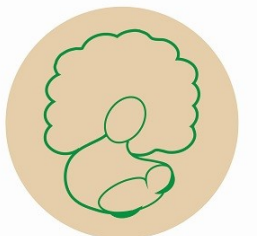
Does Focusing On **One** Group Mean That Other Groups Are Not Important? Definitely **NO**

- Empathy
- Facts; statistics, history, generational teaching



Remember . . .

- Our birth is a forever story
- Our breastfeeding experience is a forever story
- Generations leaving their legacy



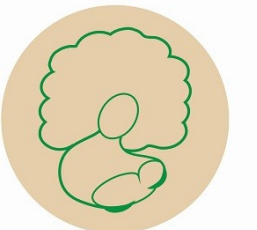
Remember . . .

Your history and mine has shaped our perception and it may take more for some of us to truly grasp why prejudice exists for pregnant and postpartum mothers. Numbers may not be enough.



So Now What Do We Do?

1. Listen
2. Believe
3. Support



Her past will influence future generations.

