Benefits of Breastfeeding

Dr. Lavonne Moore DNP | Chosen Vessels Midwifery

**Cultural Practice**
To be revived, restored and reclaimed

**Nurture Science**
- Baby
  - Bonding
  - Breastfeeding
  - Secure attachment
- Mother
  - Sensitization
  - Attuned parenting
  - Resilience
- Separation
  - Toxic stress
  - Disordered attachment
  - Insensitive parenting

**Healing**
- Disordered attachment
- Vulnerability
- Disease

**So Many Benefits**
- Immunology
- Reduces chronic diseases
- Mental Wellness
- Economic benefit
- Environmentally friendly
- Nurturing and bonding

No amount of breastfeeding is too little

2021 Black and Brown Birthing Summit
Tying in the Elders of the Community

SISTER HAZEL TANNER | MOTHER ATUM AZZAHIR | SISTER BEVERLY PROPS

Power of Data

Community Health

Why do our children die at a higher rate?

Structural Racism

Primary risk factor due to complex stress it places on mothers throughout life

Disparities in income, housing, safety, education lead to poor health

Cultural Wellness

Health and wellness, neighborhood flourishes, community

Optimism, energy, and power

Positive sense of belonging and worth

Interaction and connection

Develop a philosophy of community

Power of Partnership

No organization or individual can do it alone

Committed people make change

Networking

Led to Minnesota being first state to have an office of minority health

Dept of health equity

We need more young people to go into healthcare with an understanding of cultural wellness

Words of Wisdom

Pregnancy is natural is not a condition

Enjoy every aspect of pregnancy

We have the capacity to endure

Seek out and thank an elder!

2021 Black and Brown Birthing Summit

350 babies/year die in MN

In most countries, maternal mortality ratio is not in US

The US has the highest maternal mortality ratio among wealthy countries

Sexism and racism in healthcare

Women of color not listened to or respected

Naturally, Black mothers have higher infant mortality rate as well as preterm birth, and low birth weight
Men’s Perspective and a Father’s Role

JEREMIAH ELLIS | MINKA TEZAT

**INFORMATION IS POWER**
- Combat misinformation
- Process of becoming a father
- Healthy relationships, sexuality
- Cost of parenthood
- Rituals & ceremonies

**ANCESTRAL KNOWLEDGE**
- Education
- Containers for questions and space to process

**FATHER-CHILD BOND**
- Relationship between Black man and child has been intentionally destroyed
- There is an internal, energetic bond that can shift and is forever there
- Fathers, set your intention for this relationship
- What rituals will you have to foster bond?
- Learn what a child needs from 0-7 years

**A baby is never a baby... I am my parent’s baby.**

**BIRTHING TEAM**
- Father in-tune with mother’s needs
- Doula for mother and a man to support the father
- Community surrounds the child
- Comfort care ritual love

**FEEL the experience of becoming a father.**

**COMMUNITY**
- There is a network of men who care about community supporting fathers
- We have a web of invisible relationships built on authenticity and commitment
- The culture we want for our community grows out of the culture of our homes
- Giving birth to your expanding family brings new consciousness to the community

**AMPLIFY LOVE FOR OURSELVES, OUR FAMILIES, AND OUR COMMUNITIES.**

**A baby is a MESSAGE to you from the Creator of all things. BE PRESENT to what it has to teach you about being a man, a father.**
**Conversation Between Fatherhood Practitioners**

**CLARENCE JONES & CALVIN WILLIAMS**

**PARTNER IN PREGNANCY**
- Providing and protecting begins at conception
- Look out for mom—ensure her preferences are honored and needs met

**STRESS**
- Cortisol (stress hormone) is a factor in premature birth and infant mortality
- Racial and economic stress is cumulative, generational
- Parent relationships can be fragile
- How can I reduce stress? Less stress = healthier parent and child

**ATTN: HEALTHCARE**
- Fathers often feel unseen, unheard, unwelcomed
- Understand men dealing with depression and anxiety look different from women
- Check your bias then do the work tocounter negative beliefs and assumptions
- Talk about fatherhood with both parents

**COMMUNITY**
- Find local fatherhood research and leverage existing research on health, beliefs, and attitudes
- Build up our Black and Brown fathers

**FATHERHOOD**
- Risk for depression during perinatal period
- Talk to, sing to, play with baby... Father’s role impacts brain development 0-3 years

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**FATHERS HAVE A ROLE IN PREGNANCY, BIRTH, DISCHARGE, AND BREASTFEEDING**

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**2021 Black and Brown Birthing Summit**
Anxiety, Grief, and Trauma

NANCY BORDEAUX | DR. ANTONIA WILCOXON | YVETTE TROTMAN

2021 Black and Brown Birthing Summit

INDIGENOUS TRADITIONS: traditions of resilience, healing, and ancestor knowledge

HEALING: baby is a gift of healing

FIRST KICK: baby sharing sacred energy

Sacred Ceremony: naming, teaching, passing on knowledge

BABY SHOWERS: gifts made for a spiritual purpose

COMMUNITY: you are loved, safe, sacred. How can we continue to build community around us to support healing?

INTERGENERATIONAL trauma passed down generation to generation.

High rate of disease: anxiety and depression, chronic stress, pain, self-medication, addiction.

HISTORY OF TRAUMA, COLONIZATION, ASSIMILATION POLICY:

through our traditions, our DNA guides us back to healing, guiding values, our true north.

EPIDEMIC LIFESTYLE FACTORS CAN CHANGE THE WAY OUR GENES ARE EXPRESSED

High blood pressure: if you have it, baby will not get what it needs

REDUCE BLOOD PRESSURE:
- Eat vegetables, healthy oils, lean meats, less sugar
- Exercise
- Rest
- Sleep

BREATH:
- Deep breaths
- Meditation
- Coping techniques
- Self-care

SOCIAL SUPPORT:
- Feeling cared for and loved, sense of belonging, access to information

ME TIME:
- Set boundaries, engage in centering activities, model for children

COPING TECHNIQUES:
- MEDITATION:
  - Silence the mind, relax body, prayer, affirmations
- SELF CARE:
  - Journaling, laughter, massage, progressive muscle relaxation
- OMIT NEGATIVITY:
  - Set boundaries, train ourselves to notice bias
Feedback from Healthcare Workers

JENNIE JOSEPH

WE HAVE POWER. WE HAVE PURPOSE.

We must figure out ways to sustain ourselves and each other, strengthen our collectives, and stay in touch in caring, supportive, and trustworthy ways. Be intentional about gathering your circle, rekindle joy and check-in enough to say “I see you / hear you.” Without saying a word - we know the struggles come back and refill your cup.

PURVEYORS OF SAFETY

Our mothers and babies are dying. High blood pressure is a leading cause. Be aware, understand, and know how to talk to families about it. Share information with neighbors, friends, family, your community.

SAFE SPACE

We create it for our clients. We need to create it for ourselves and for the community we care about.

THIS IS MOVEMENT WORK

Building and growing movements over generations. POWER beyond PROFESSION. We have always found a way to provide care.

WORKING TOGETHER

Everyone plays a role. Collective leadership. WE ARE ALL MIDWIVES - doulas, lactation advocates, all apart of the movement toward LIBERATION.

Social Determinants of Health

REALITY and CONSTRAINTS

People who embed themselves in CARING and SUPPORTING work often neglect doing that for themselves.

BOUNDARY SETTING

Hold each other accountable. SET YOUR OWN and RESPECT OTHERS. Acknowledge when set. Express gratitude for a clear “no.” SUSTAIN yourself and each other. Utilize the commodity we do not have a shortage of... LOVE.
Division of Care for Black, Latino & African Families

Marisol Chiclana-Ayana

2021 Black and Brown Birthing Summit

Formal Child Care
- Child care centers, licensed
- Family child care, legally unlicensed, and other (e.g. Head Start)
- High Cost (4th highest in USA)
- Quality rating
- Ratio: 4:1 and 10:1
- Kindergarten readiness

Informal Child Care
- Family, friend, and neighbor care
- Flexible hours
- Affordable
- Culturally responsible
- Continuum of care

Challenges
- Systemic Racism
  - Economic and education disparities
- Funding sources often limited to formal child care
- FFN caregivers are under-resourced - training, food, educational materials, PPE

45-51% of MN babies (0-3) are in FFN care many are Black and Brown babies

Family, friend, neighbor care cannot be invisible to us anymore

Creating new opportunities and future

1. Reclaiming culture, traditions, identity
2. Celebrating and honoring self
3. Political activism
4. Organizing to gain access to funding and resources
5. Participate in movements for peace & justice
6. Redefine “quality care”
7. Create new opportunities to support FFN