

Perinatal Equity Initiative

BREASTFEEDING TIP SHEET

AUG 2021

What You Need to Know



50%



According to the CDC, increased breastfeeding among Black and African American Families could decrease infant mortality rates by 50%

During enslavement, Black women were often separated from their children, yet routinely forced to work as “wet nurses” for white infants. To understand the implications of this, and to learn more about strategies to support enhanced breastfeeding with Black and African American families, check out the following article: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4307211/>

Announcements

Family Events & Activities:

- PEI Home Visiting as operated by El Sol is now accepting client referrals!
- The Doula Access Program is available to pregnant IEHP and Moline Healthcare Members: [Doula Access Program](#)
- Save the Date: Maternal Wellness Retreat **September 18**

Provider Events & Activities:

- Save the Date: Black Maternal Health Series – Overdue Conversations **Sept. 7, 14, 21, 28**

Resources:

- [Sankofa Birthworkers Collective of the Inland Empire Video](#)
- [IE PEI Listening Session Report](#)



PEI Messaging



For the month of August, we encourage our partners to help us promote **Black Breastfeeding Awareness** and the PEI programs by sharing the social media content that can be downloaded from our website here:

<https://www.maternalhealthnetworksb.com/breastfeeding-101>

Instructions for social media sharing can be found [here](#)



Necrotizing Enterocolitis (NEC)

NEC disproportionately affects Black infants and the best way to help prevent NEC is with mother's milk. Black infants are more likely to be diagnosed with NEC.

Maternal Health Network of San Bernardino County

<https://www.maternalhealthnetworksb.com>



Racism Influences Breastfeeding

Black women have the lowest breastfeeding initiation and duration rates. Systemic racism contributes to these low rates through factors such as limited access to culturally competent lactation consultants.

Maternal Health Network of San Bernardino County

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Why Black Breastfeeding Matters

According to the CDC, increasing breastfeeding among Black women could decrease infant mortality rates by up to 50 percent. If you're a provider seeking to support for moms looking for resources you can access our provider toolkit linked below.

Maternal Health Network of San Bernardino County

<https://www.maternalhealthnetworksb.com/provider-resources>