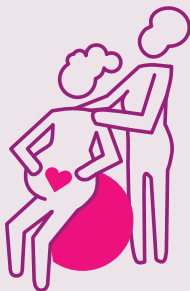


ACTIVATE YOUR VILLAGE

TIPS FOR EVERY TRIMESTER



A JOYOUS AND HEALTHY BIRTH TAKES A VILLAGE

BlackInfantsAndFamilies.org

Black Infants & Families **LOS ANGELES**

first 5 la
Giving kids the best start

COUNTY OF LOS ANGELES
Public Health

LA County AAIMM
Steering Committee and
Community Action Teams



SAN GABRIEL VALLEY AFRICAN-AMERICAN
INFANT AND MATERNAL MORTALITY
COMMUNITY ACTION TEAM



Antelope Valley
African American Infant & Maternal Mortality
Community Action Team

San Fernando & Santa Clarita Valleys
African American Infant & Maternal Mortality
Community Action Team

TIPS TO ACTIVATE YOUR VILLAGE

Build your village

FIRST TRIMESTER | WEEKS 1-13



RESEARCH:

Find providers and neighborhood resources with a reputation for respectfully serving and celebrating Black pregnant people and families. Ask around. Don't settle.

labestbabies.org/downloads/BetterTogetherGuide.pdf



PLAN:

Create and start activating your birth plan.

marchofdimess.org/pregnancy/your-birth-plan.aspx



SHARE:

While you may hesitate to tell people you're pregnant in these early weeks, share what feels good to you. It's nice for someone to be able to support you if you do experience complications.



ENROLL:

Upon pregnancy confirmation, you may be eligible to enroll in WIC and Mama's Neighborhood programs to help you access food, housing, and health support during pregnancy.

WIC & Mama's Neighborhood



FIND A DOULA:

A doula is a trained professional who will provide you with additional information, as well as emotional & physical support during pregnancy, labor, and in the early weeks post-birth. Learn more about our FREE doula program.

BlackInfantsAndFamilies.org/doulas

SistaMidwife.com & FrontlineDoulas.com

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OUR REGIONAL YOUNG ADULTS AND PARENTS
HEALTH AND MATERNAL MORTALITY
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TIPS TO ACTIVATE YOUR VILLAGE

Grow your village

SECOND TRIMESTER | WEEKS 14-27



JOIN BLACK INFANT HEALTH PROGRAM:

Join the Black Infant Health program and/or childbirth education classes — an excellent way to expand your village of support persons who are going through similar things. Ask your partner to go with you to CBE classes.

CBE Classes Available



KEEP MOVING:

Continue to move and nourish your body & soul: prenatal yoga (another great way to grow your village), massages, nutrient-rich meals, fresh air, sunshine, and laughter.



ADVOCATE:

Advocate for respectful care. Remind your care providers of the elevated risk of preterm birth for Black women. Speak up if your doctor seems distracted, condescending, or is dismissing your concerns. If you have a concern about how you are treated, you can report it to your health plan or call 211 to report it to the Hate Crime Reporting Portal.

- 211 Hate Crimes Reporting
- How to Speak Up For Your Health
- Filing a Complaint
- Rate Your Provider



ENROLL IN HOME VISITATION:

Consider a Home Visitation Parent Coach. A home visiting program can help you learn about your baby's growth and health, support you in encouraging your baby's development post-birth, and connect you to other needed resources. edirectory.homevisitingla.org

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TIPS TO ACTIVATE YOUR VILLAGE

Advocate for Yourself & Your Baby

THIRD TRIMESTER | WEEKS 28-40



BABY REGISTRY:

Set up a registry and a meal train for when baby arrives with an option for meal delivery service gift cards. Send them wide – you'll be surprised how large your village is.



PAID LEAVE:

Ask someone for help with your Paid Family Leave paperwork and anything else you need to complete for work/school.

workfamilyca.org



BIRTH PLAN REMINDER:

Remind your providers and support people of your birth plan. Tour the facility with your support people so that they are responsible for knowing where to go when the time comes.



FEEDING PLAN:

Make sure your village knows how you plan to feed your baby, or ask if you're unsure. If breastfeeding, call your insurance company to ensure a pump arrives well before baby and you know how to use it.



IN LABOR:

Know your rights. You can request someone new to be with you, you can ask to switch nurses or physicians, you can ask any question or refuse to answer questions during contractions. Your village will be flexible; you are the decision maker.

Black Birthing Bill of Rights

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TIPS TO ACTIVATE YOUR VILLAGE

Engage Your Village

FOURTH TRIMESTER | FIRST 90 DAYS AFTER BIRTH



CONNECT WITH YOUR DOULA:

Meet with your doula. When you're ready, welcome your doula back for postpartum visits.



CONSIDER BREASTFEEDING:

Did you know that breastfeeding has amazing benefits for mom/parent and baby? You don't have to figure it out alone. Get help from caring resources like Cinnamoms, who focus on Black families.

cinnamoms.org



CHECK-IN:

Ask someone to check on you regularly. Make sure it is someone who you trust that will tell you you're doing great and send you memes on the days that are more difficult. If you're having a tough time, it is OK to ask for mental health help.

dmh.lacounty.gov



PARTNER CHECK-IN:

Ask your partner who is checking in on them. A partner's village can make yours even stronger. Check out Black Daddy Dialogue for resources.

BlackInfantsAndFamilies.org/dads



LET YOUR VOICE BE HEARD:

Be honest with your provider. There's no need to be supermom. Tell your provider what hurts, both physically and mentally.

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