

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.

marchofdimes.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

A JOYOUS AND HEALTHY BIRTH TAKES A VILLAGE

BlackInfantsAndFamilies.org

Black Infants & Families LOS ANGELES

first 5la
Giving kids the best start

COUNTY OF LOS ANGELES
Public Health

LA County AAIMM
Steering Committee and
Community Action Teams



Antelope Valley
African American Infant & Maternal Mortality
Community Action Team

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