

# 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](http://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](http://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](http://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.

**A JOYOUS AND HEALTHY BIRTH TAKES A VILLAGE**

**[BlackInfantsAndFamilies.org](http://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



Antelope Valley  
African American Infant & Maternal Mortality  
Community Action Team

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