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
- Filing a Complaint
- How to Speak Up For Your Health
- 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](http://edirectory.homevisitingla.org)

**SECOND TRIMESTER | WEEKS 14-27**

**JOIN BLACK INFANT HEALTH PROGRAM:**

**KEEP MOVING:**

**ADVOCATE:**

**ENROLL IN HOME VISITATION:**

© Copyright 2021 BlackInfantsAndFamilies.org

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

Black Infants & Families  **LOS ANGELES**

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