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.

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

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.

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.

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

A JOYOUS AND HEALTHY BIRTH TAKES A VILLAGE

Black Infants & Families LOS ANGELES

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