

# 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](http://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**

**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



THE JOINT COUNTY 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