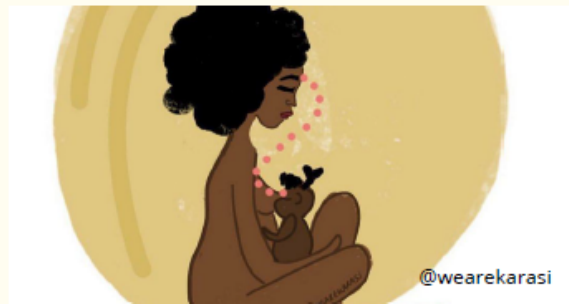




TEN STEP TUESDAY

Black Breastfeeding Week

A HUGE thank you to Morgan Jackson, RN, BSN, IBCLC for her work creating this week's Ten Step Tuesday for Black Breastfeeding Week.



REVIVE. RESTORE. RECLAIM!

BLACK BREASTFEEDING WEEK

Why we need Black Breastfeeding Week...

Increased breastfeeding among Black women
could decrease infant mortality rates by 50%
- CDC

"Breastfeeding is less about the right of a
mother to use her body to provide nutrition
for her baby, but for the right of her baby to
recieve the best nutrition"

For more information contact

Cara Gerhardt, BSN RN IBCLC, coordinator@high5kansas.org



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"BOOBY TRAPS" BLACK MOTHERS FACE

Lack of generational support

Lack of representation in
lactation professional support

Lack of access to professional
lactation support in urban/rural
areas

Complex emotional history
surrounding breastfeeding
connected to forced wet
nursing for enslaved women

Lack of mainstream role
models

Cultural reinforcement of the
myth that black women do not
breastfeed

**Get Involved. Join the
conversation.**

Support Black women beginning in the prenatal phase and throughout her entire breastfeeding journey by providing culturally relevant care, support black breastfeeding advocacy groups, refer patients to black breastfeeding groups, lactation professionals, apps, and online groups.

Sources: CDC. <https://blackbreastfeedingweek.org/>



For more information contact

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