



Engaging Black Perinatal Families For Better Maternal Outcomes

Black Breastfeeding Week 2022

#BBW2022



Why Breastfeed?

There are many benefits to breastfeeding...

- Breastfeeding has proven to reduce the risk of complications like childhood obesity and respiratory illnesses in which black children suffer from the most.
- Breast milk is the most efficient and preventative medicine provided by nature itself. It is a living fluid that changes throughout the breastfeeding journey to assist baby in their evolving needs and overall development. It contains all the nutrients that a baby needs including vitamins, proteins, fats, minerals, water, carbohydrates, and antibodies.
- This also includes leukocytes which help protect baby from infection and stem cells that transform into brain cells, and omega-3 fatty acids which are extremely important for the neurological development of baby.
- There are also benefits for the mother who breastfeeds including reduced rates of breast cancer, uterine, cervical and ovarian cancer. It also can be more convenient for mothers who breastfeed because it can be done anytime and anywhere- It is always available, just the right temperature, and there is no worrying about mixing or contamination.
- Breastfeeding helps promote a strong physical attachment and bond. It allows baby to be in their mother's arms several times a day where close touching and skin to skin can occur more often than bottle fed babies.

These are just a few facts around Breastfeeding in general. Breastfeeding as a Melanin Momma has never been simple, treat this as a comforting guide in your journey and know that you're not alone and doing amazing! MEA and Melanin Mumz are all about sharing and growth.

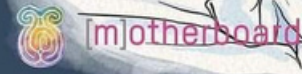


@motherboardbirth

LATCHING POSITIONS

FOOTBALL

Baby lays facing your side with feet and legs tucked under your arm

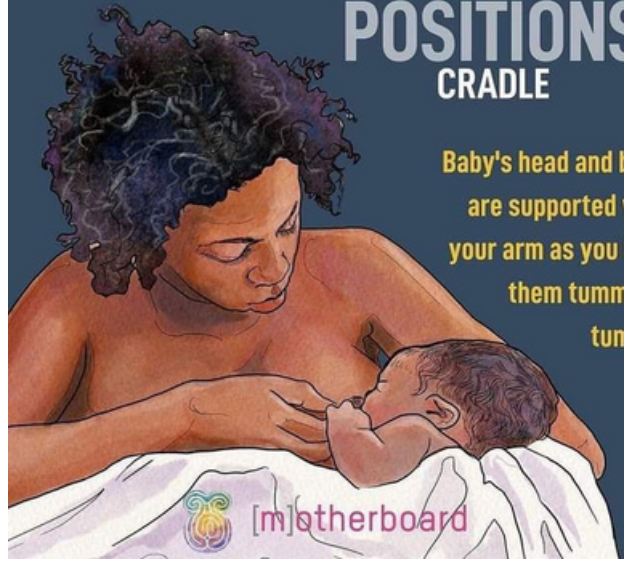


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LATCHING POSITIONS

CRADLE

Baby's head and body are supported with your arm as you hold them tummy to tummy.

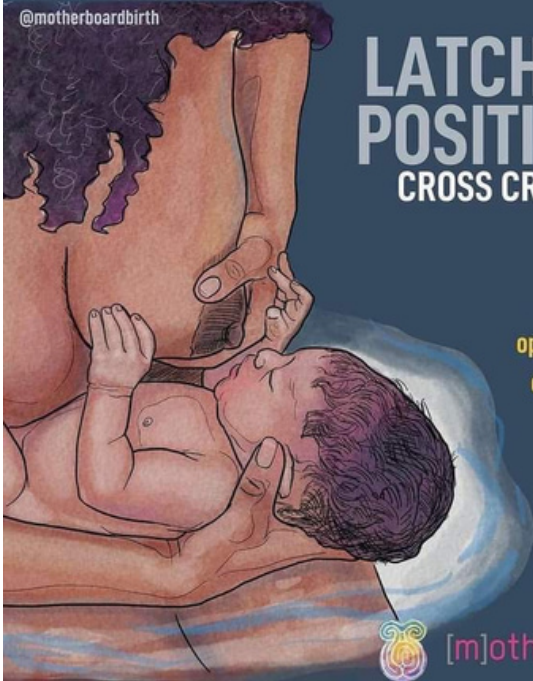


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LATCHING POSITIONS

CROSS CRADLE

Hold baby with the arm opposite of the chest/breast, making sure not to put pressure against baby's head

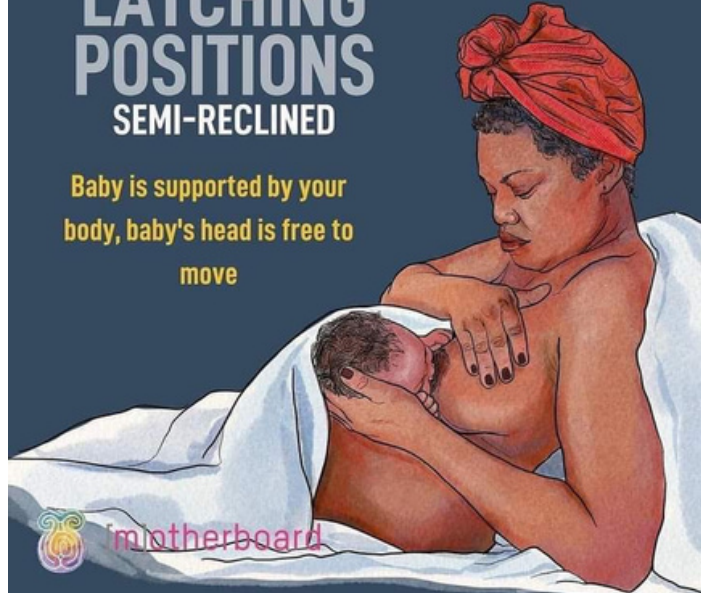


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LATCHING POSITIONS

SEMI-RECLINED

Baby is supported by your body, baby's head is free to move



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LATCHING POSITIONS

SIDE-LYING

Laying on your side, have baby face you tummy to tummy



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LATCHING POSITIONS

MULTIPLES

Positions include: Double cross cradle, front hold and side-lying positions. Everything times two!



NEWBORN FEEDING CUES

EARLY CUES

Mouth Activity - I'm Hungry



Licking
Lips



Opening
Mouth



Turning
Head

MID CUES

Body Movement - I'm Really Hungry



Stretching



Wiggling



Hands
at Mouth

LATE CUES

Upset Baby - Calm Me, Then Feed Me



Fussing



Turning
Red



Crying

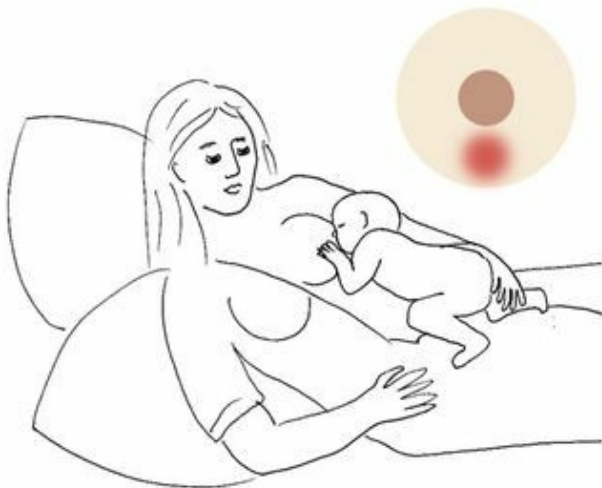
CALM ME

Calm Quickly with

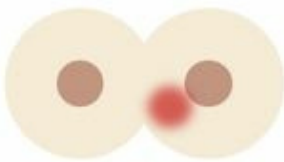
- > Skin-to-skin
- > Cuddling
- > Talking
- > Stroking



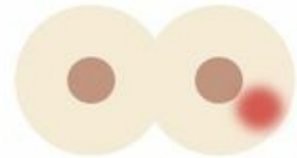
Unblocking a blocked duct: Position baby's chin towards the blockage



Bottom of breast: side-lying or laid back position



Inside of breast: cradle position



Outside of breast: football position



Breastfeeding Tips

We would love to open up the room for discussion and allow you all to share any tips or information with each other.

Feel free to write anything down here.

