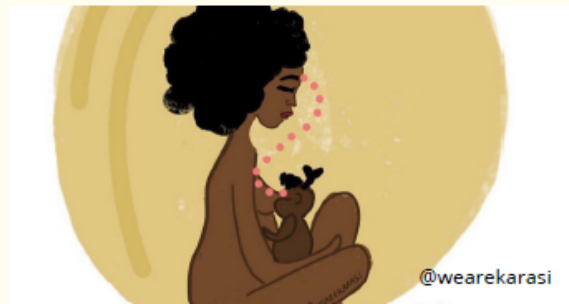




TEN STEP TUESDAY

# 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 receive 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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