



PEI Tip Sheet

BREASTFEEDING 101

What You Need to Know

ACCORDING TO THE CDC, INCREASED BREASTFEEDING AMONG BLACK AND AFRICAN AMERICAN FAMILIES COULD DECREASE INFANT MORTALITY RATES BY 50%

For more information, access the following article [here](#)

During enslavement, Black women were often separated from their children, yet routinely forced to work as “wet nurses” for white infants. To understand the implications of this, and to learn more about strategies to support enhanced breastfeeding with Black and African American families, check out the following article: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4307211/>

Additional Resources on the Topic

For more information on this topic, please follow these resource links:



Impact of Breastfeeding Interventions: This systematic review answers the question: What is the impact of breastfeeding interventions targeting ethnic/racial minority women in the U.S.?



Motherhood and Race: Ways to Support Black Breastfeeding Moms: A brief primer outlining barriers to breastfeeding for black parents and how to address them.

Referring to Programs

Click onto the following links to refer families to these programs

Black Infant Health

Group-based services where Black/African American women can connect, learn and prepare for the birth of their child.

Home Visiting

Home visiting services are offered to Black/African American families.

Fatherhood Partnership

The 24/7 Dad program offers Black/African American fathers the opportunity to learn and grow together.

Doula Supports

Doulas are available to Black/African American families in their birthing experience.

Sharing Our Message

Download and customize the following messages from our website:
www.maternalhealthnetworksb.com/breastfeeding-101



Instructions for social media sharing can be found [here](#).