



Black Infant Health

BREASTFEEDING 101



Why It Matters

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/>

Three Things to Know

1 A Few Benefits

Breastfeeding decreases a baby's risk of ear infections, SIDs, and digestive issues.

For the birthing individual, it decreases the risk of cancer and increases weight loss.

2 Common Barriers

Babies may have difficulty latching, sleep less than expected, and may cry more when they are breastfed.

Many breastfeeding parents experience pain or difficulty when first breastfeeding.

3 What to Expect

Breastmilk changes 2-3 days after the birth.

Breastfeeding takes practice!

Many newborns cry more on the second day of life than on the first. This is normal.

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.