



PEI Tip Sheet



PREPARING YOUR IDEAL BIRTH PLAN

What You Need to Know



55% of Black/African American birthing individuals surveyed (n= 100) indicated being anxious and afraid about the process of birth, labor pain, and the possibility of death and disablement for them or their baby.

Source: **Battling Over Birth: Black Women and the Maternal health Care Crisis, 2018**

Inequities in birth outcomes are common for Black/African American birthing persons and are often preventable. To reduce these disparities, implicit bias can be identified and addressed in healthcare settings to improve patient-provider interactions, communication, and health outcomes. A birth plan can be discussed and developed with a patient's OB/midwife, doula, and other support persons.

Source: <https://www.cdc.gov/media/releases/2019/p0905-racial-ethnic-disparities-pregnancy-deaths.html>

Additional Resources on the Topic

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



Protecting Your Birth: A Guide for Black Mothers

https://www.nytimes.com/article/black-mothers-birth.html?auth=link-dismiss-google&lp_



Black Women Birthing Justice

<https://www.blackwomenbirthingjustice.com/2-for-mamas>



Black Birthing Bill of Rights

<https://thenaabb.org/black-birthing-bill-of-rights/>

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.

For referral to the High Dessert Program, click [here](#)

Fatherhood Partnership

The 24-7 Dad program offers fathers whose partner is an African American birthing person the opportunity to learn and grow together.

Doula Supports

Doulas are available to Black and African American birthing people and their partners during their birthing experience.

Sharing Our Message

Download and customize the following messages from our website:

<https://www.maternalhealthnetworksb.com/mental-health>



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