



PEI Tip Sheet

SUPPORTING YOUR PREGNANT FAMILY MEMBER

What You Need to Know



**BLACK WOMEN ARE FOUR TO SIX TIMES
MORE LIKELY TO DIE FROM CHILDBIRTH**

For more information, access the Maternal Health Data Snapshot [here](#).

Maternal mortality disproportionately affects Black/African American women in the United States. Support from family members and culturally competent services providers is critical to increasing positive outcomes for moms and babies. Listening to the mother when she expresses discomfort or concern and advocating for her needs during and after pregnancy can help identify issues early.

Additional Resources on the Topic

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

 **The CA Black Women's Health Project:** A statewide nonprofit providing training for health advocates, and other supports to improve black women's health. Follow this link to find out more!

 **Black Women for Wellness:** An organization working to address health disparities in order to improve overall health status and wellbeing of Black mothers and babies. Follow this link to find out more!

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 fathers who's partner is an African-American birthing person 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/support-your-pregnant-family-member

