

LEARN about your birth desires:

- What does support look like to you? Who is on your ideal team?
- Which coping strategies resonate with you for your labor?
- Have you explored care setting choices and potential interventions?
- How do you feel about shared decision making & informed choice?
- What memories do you want to create through your birth story?

RESOURCES for you to explore as you learn more about your birth:

- Evidence Based Birth's Parent Resources
- Queen's Village: Black Women for the Win
- on IG: @BlackWomenBirthing
 - @BlackMomsBlog
 - @BlackMomsBreastfeed

Books:

- The First Time Parent's Childbirth Handbook: A Step-by-Step Guide for Building Your Birth Plan
- Nurture: A Modern Guide to Pregnancy, Birth, Early Motherhood
- Oh Sis, You're Pregnant: The Ultimate Guide to Black Pregnancy and Motherhood
- Real Food for Pregnancy: The Science and Wisdom of Optimal Prenatal Nutrition

REFLECT on your needs:

- Who is available to support you during your pregnancy and birth?
 - Think through & plan your web of support: yourbirthpartners.org/referral
 - Use The IRTH App to share & review experiences of local providers
- What do you need to feel confident through your birth?
 - Register for support services through Be Her Village
- How do you want your loved ones to show up during this time?

ACTIONS to take through your pregnancy:

- Do your research about your options!
- Find your community & inspiration...from doulas, to educators, to support groups, and other parents:
 - MaterMea-Content & Community for Black Moms
 - BlackMomsBlog
 - NATAL Podcast

"As a first time Mom and a Black Woman, Black Maternal Health is super important to me. I wanted to make sure that I understood the birthing process, and was **educated on all of the options available to me...**".

~C.P., Imperative Student

You have
options!

BIRTHING PEOPLE

