

After watching the documentary film, Chocolate Milk<sup>®</sup>, we hope that you've gotten a better understanding of the issues surrounding breastfeeding in the black community. Here are some resources if you'd like to learn more. Some of these groups are local but don't let that keep you from reading about them and contacting them for help. It takes a village.

### **Become a Lactation Professional**

[University of California San Diego Extension's world-class lactation and perinatal education program.](#)

[View program brochure](#)

[www.theblackcourse.com](http://www.theblackcourse.com)

Birth. Lactation. Accommodation. Culture. Kinship. - The full scope lactation and breastfeeding education course made by and for Black People and folks supporting black breastfeeding.

[www.futureibclcssofar.org](http://www.futureibclcssofar.org)

FICA is a community initiative dedicated to increasing the number of lactation professionals of color to increase breastfeeding rates while reducing infant mortality rates in underrepresented Black and Brown communities.

### **Supportive Organizations For Black Breastfeeding**

<http://blackmothersbreastfeeding.org/>

Loads of information, a Zoom Breastfeeding Club, and virtual info sessions.

<http://aabnetwork.org/>

A Wisconsin-based advocacy group, championing breastfeeding equity, and providing multiple resources.

<https://www.soulfood4yourbaby.org>

A community program that empowers African American families to breastfeed with their heart, body, and soul.

<http://mochamanual.com/>

More than just breastfeeding, this site is a reservoir of information from Mocha Manual author Kimberly Sears Allen.

<https://mochamanual.com/bb360/>

Page within website provides a resource guide and women's stories.

<https://blackwomendobreastfeed.org/>

Wonderful stories from Black breastfeeding mothers.

<http://www.breastfeedingrose.org/>

Reaching Our Sisters Everywhere (ROSE) vision is that, “Breastfeeding disparities among African American women will be significantly reduced by 2021, and 82% of their babies receive breast milk at birth.”

<https://breastfeedingrobe.org/>

Reaching our Brothers Everywhere (ROBE) “seeks to educate, equip, and empower men to impact an increase in breastfeeding rates and a decrease in infant mortality rates within the African-American communities.”

[Milkbank.org/equity](http://Milkbank.org/equity)

Mothers’ Milk Bank at Austin’s Breastfeeding Equity Education Program offers Breastfeeding Support Groups and Doula Program Scholarships to POC who are Travis County residents.

### **Black Breastfeeding Social Media Communities**

[Breastfeeding Support Group for Black Moms](#)

This Facebook group provides mom-to-mom support and information. They are also on Instagram: [@melanatedmilkies](#).

[Black Moms Breastfeed](#)

Beautiful Instagram account showcases Black breastfeeding in real time run by an RN.

[Black Breastfeeding Circle of Mamas](#)

Virtual support circle of moms.

[Black Pumping Mamas](#)

Facebook community providing support on pumping.

### **Resources for Providers**

<https://www.acog.org/topics/breastfeeding>

<https://www.halesmeds.com/>

Subscription based database of 1,300+ drugs with easy-to-understand lactation risk categories.

<https://www.ncbi.nlm.nih.gov/books/NBK501922/>

The LactMed® database is a free database that contains information on drugs and other chemicals to which breastfeeding mothers may be exposed. It includes information on the levels of such substances in breast milk and infant blood, and the possible adverse effects in the nursing infant.

<https://www.aclu.org/blog/womens-rights/pregnancy-and-parenting-discrimination/challenges-breastfeeding-black-person>

Primer for providers to understand the intersectional challenges for black people who want to breastfeed.

### **Thank you Sponsors!**

[www.executivedoula.com](http://www.executivedoula.com)

[www.floradixusa.com](http://www.floradixusa.com)

[UCSD Premiere Lactation Programs](http://UCSD.Premiere.Lactation.Programs)

[www.oregonwashingtonlactation.org](http://www.oregonwashingtonlactation.org)



**Floradix®**

