Resource Guide for Black Mothers

Curated by Dr. Terri, M.D.

Congratulations on your pregnancy journey! Dr. Terri is a Black woman physician and mother of two, and she created this guide for women like you. The links and resources below can help you find support and communities that have your back.

Like Dr. Terri, Pampers is committed to supporting black women so they can thrive before, during, and after pregnancy. If you have a suggestion for an additional resource, contact us at PampersPro.IM@pg.com so we can include it in a future version of this guide.

Prepare for Pregnancy and Birth

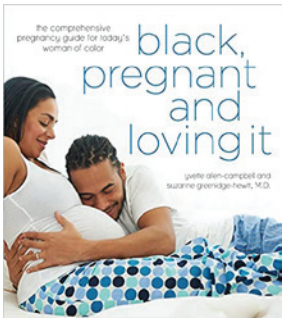
BOOK: **BLACK, PREGNANT AND LOVING IT: THE COMPREHENSIVE PREGNANCY GUIDE FOR TODAY'S WOMAN OF COLOR** A month-by-month pregnancy guide for Black women.

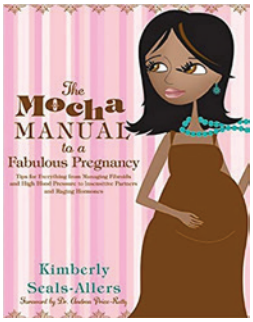
"This one has everything — including month-by-month overviews and soul food recipes!" - Dr. Terri

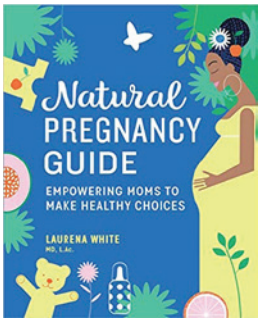
BOOK: **THE MOCHA MANUAL TO A FABULOUS PREGNANCY** A straight-talking handbook to pregnancy with contributions by doctors and personal stories from Black women and celebrity moms.

BOOK: **NATURAL PREGNANCY GUIDE: EMPOWERING MOMS TO MAKE HEALTHY CHOICES** A simple guide to pregnancy – explore the birth experience that's a natural fit for you.

BOOK: **OH SIS, YOU'RE PREGNANT! THE ULTIMATE GUIDE TO BLACK PREGNANCY & MOTHERHOOD** Written with lighthearted humor and cultural context, this book discusses the stages of pregnancy, labor, and motherhood as they pertain to pregnant Black women today.







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More Resources to Check Out

***ORGANIZATION:* BROWN MAMAS** Organization encompassing a podcast, book, Facebook community, educational resources and an annual monologue series to empower, celebrate and encourage the tribe of Black women.

"Celebrate the unique you as you begin your motherhood journey." - Dr. Terri

***ORGANIZATION:* MAMA GLOW** Online resources and an array of NYC-based offerings for women and families along the paths of fertility, pregnancy and new motherhood.

***BLOG:* MYBROWNBABY** Award-winning blog and book for African American moms looking to lend their critical but all-too-often ignored voices to the national parenting debate.

***PODCAST:* BIRTH STORIES IN COLOR** For Black, Indigenous, Asian, Latino and multiracial individuals to share their birthing experiences.

***PODCAST:* HOMECOMING** A different point of view for mothers of color considering home births.

***PODCAST:* NATAL STORIES** Listen to stories from women just like you and the advocates working to make sure that all women of color have the opportunity for a healthy pregnancy.

***DOCUMENTARY:* BLACK BIRTH** From director Haimy Assefa, this documentary follows three expectant mothers as they navigate the joys and fears of Black motherhood and the realities of giving birth in America. The film debuted at Tribeca Film Festival as part of Queen Collective, a program developed in partnership with Procter & Gamble, Queen Latifah, and Tribeca Studios. Watch the documentary: https://www.bet.com/shows/bet-her/queen-collective.html

Advocate for Your Health

***ARTICLE:* PROTECTING YOUR BIRTH: A GUIDE FOR BLACK MOTHERS** From the New York Times, a guide for patients and healthcare professionals on navigating conversations and implementing equitable care practices.

***PDF:* BLACK BIRTHING BILL OF RIGHTS** The National Association to Advance Black Birth (NAABB) developed this resource to provide Black women with a tool to ensure respectful care.

"Download a copy for your first prenatal visit!" - Dr. Terri

Access Care and Support

Interactive Map:

Perinatal Safe Spots
To help moms and families find local resources and access to safe and respectful maternal care.

National Directories for Midwives and Doulas:

National Black Doulas Association

Sista Midwife Productions

Online Communities:

Mocha Moms
A sisterhood of more than 77,000 women through chapters and online, encouraging the spirit of activism and service.

Melanin Moms
A support group of 51,000 moms and expecting mothers of Black children.

Breastfeeding Resources:

Reaching Our Sisters Everywhere (ROSE)
Normalizing breastfeeding by providing resources and networking opportunities for individuals and communities.

Project Milk Mission
Nonprofit organization providing breastfeeding education and training certification to address health disparities directly related to maternal wellness within the African American Community.

Connect with Organizations Supporting Black Mothers

BLACK MAMAS MATTER ALLIANCE Black women-led alliance to center Black mamas to advocate, drive research, build power and shift culture for Black maternal health, rights and justice.

BLACK WOMEN'S HEALTH IMPERATIVE Nonprofit created by Black women to help protect and advance the health and wellness of Black women and girls.

SOUTHERN BIRTH JUSTICE ORGANIZATION Expanding birth justice using storytelling, popular education and community organizing to improve access to midwifery and doula care.

SHADES OF BLUE PROJECT Helping women before, during and after childbirth with a focus on maternal health in underserved communities.

ABOUT DR. TERRI

As a Black woman physician who's been dedicated to the care for the most fragile babies and families for more than 20 years, and as a proud mother of two young adults, Dr. Terri understands the unique challenges of Black motherhood and wishes that some of these resources had been available during her pregnancies. She's a double board-certified neonatologist and pediatrician and an expert in racial health disparities around birth, known for her authenticity and compassion in discussing challenging topics.

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Curated by Dr. Terri. M.D., 2021

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