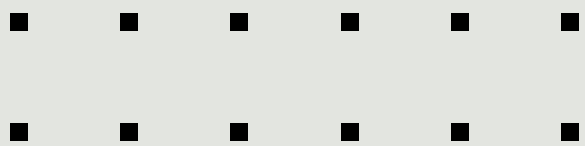




BIRTHING IN THE

Diaspora



BLKBRY



Jazmin

Founder



Damarria

Full Circle Doula



Jessy

Birth keeper

www.blkbry.com

LAND ACKNOWLEDGEMENT

We want to acknowledge that we occupy the ancestral lands of the Coast Salish Peoples, in particular the Tulalip, Snohomish, Stillaguamish, Suquamish, Muckleshoot, Nisqually, Puyallup, and the first people of Seattle, the Duwamish People, past, present, and future. We honor with gratitude the land itself.



LABOR ACKNOWLEDGEMENT

We must acknowledge that much of what we know of this country today, including its culture, economic growth, and development throughout history and across time, has been made possible by the labor of enslaved Africans and their ascendants who suffered the horror of the transatlantic trafficking of their people, chattel slavery, and Jim Crow. We are indebted to their labor and their sacrifice, and we must acknowledge the tremors of that violence throughout the generations and the resulting impact that can still be felt and witnessed today.



WHAT WE'LL DISCUSS

1

**HISTORY OF
BLACK BIRTH**

2

**ENVISIONING
YOUR BIRTH**

3

**MINDFULNESS OF
BIRTH**

4

**BEYOND THE
BIRTH**

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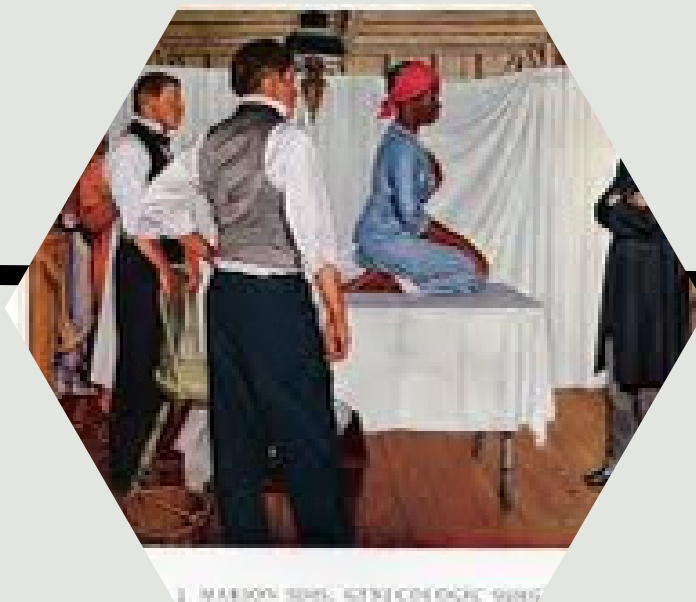


HISTORY OF BLACK BIRTH



Middle Passage

1619-1865



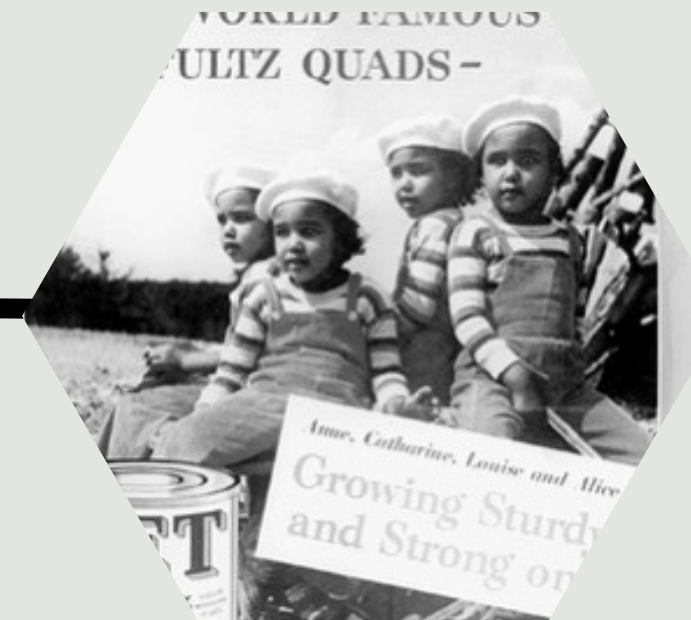
**Modernization
of Medicine**

1840's



Eradication

1920-1940



Exploitation

1940-2015



**Maternal
Disparities**

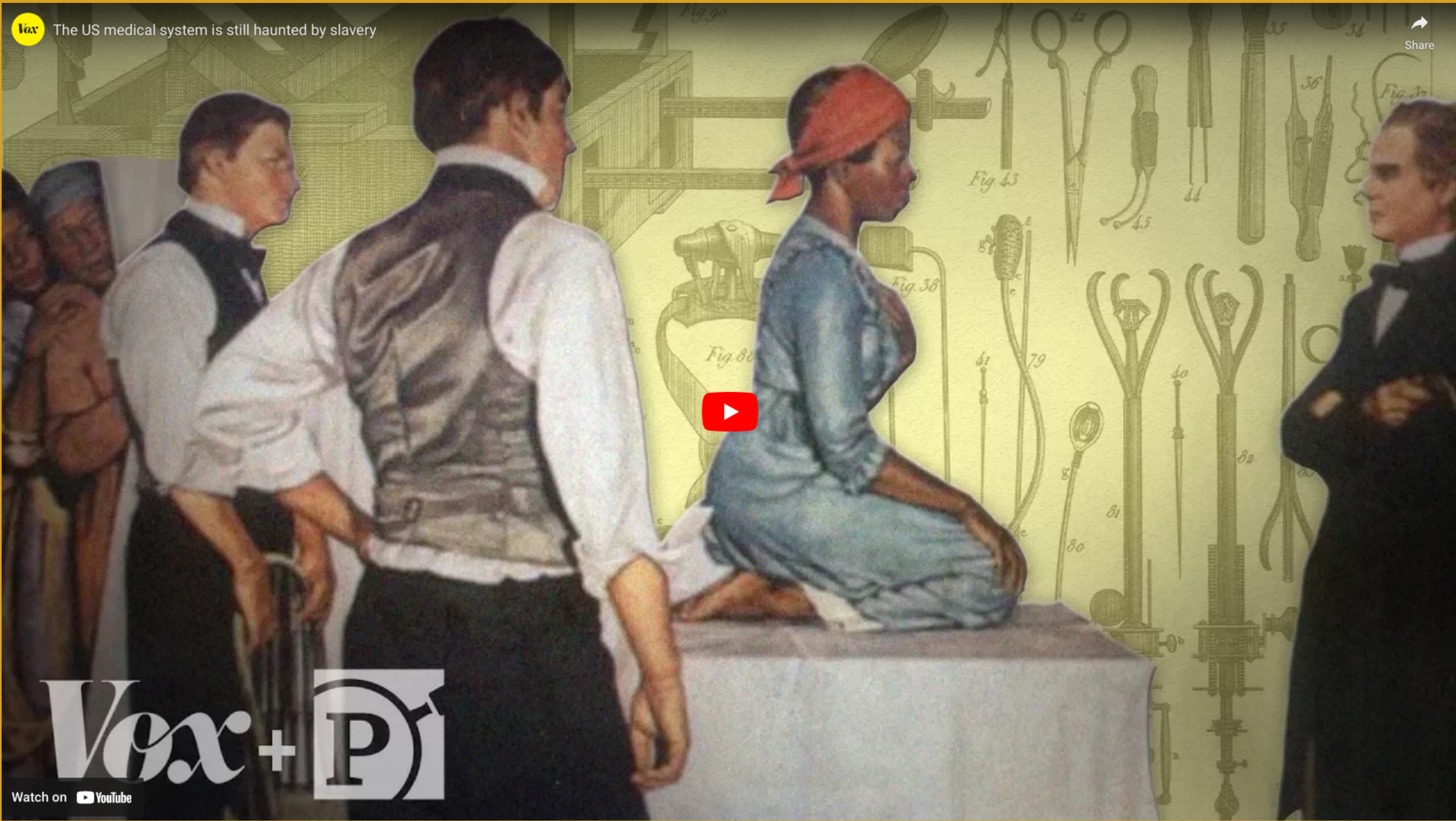
2023



The US medical system is still haunted by slavery



Share

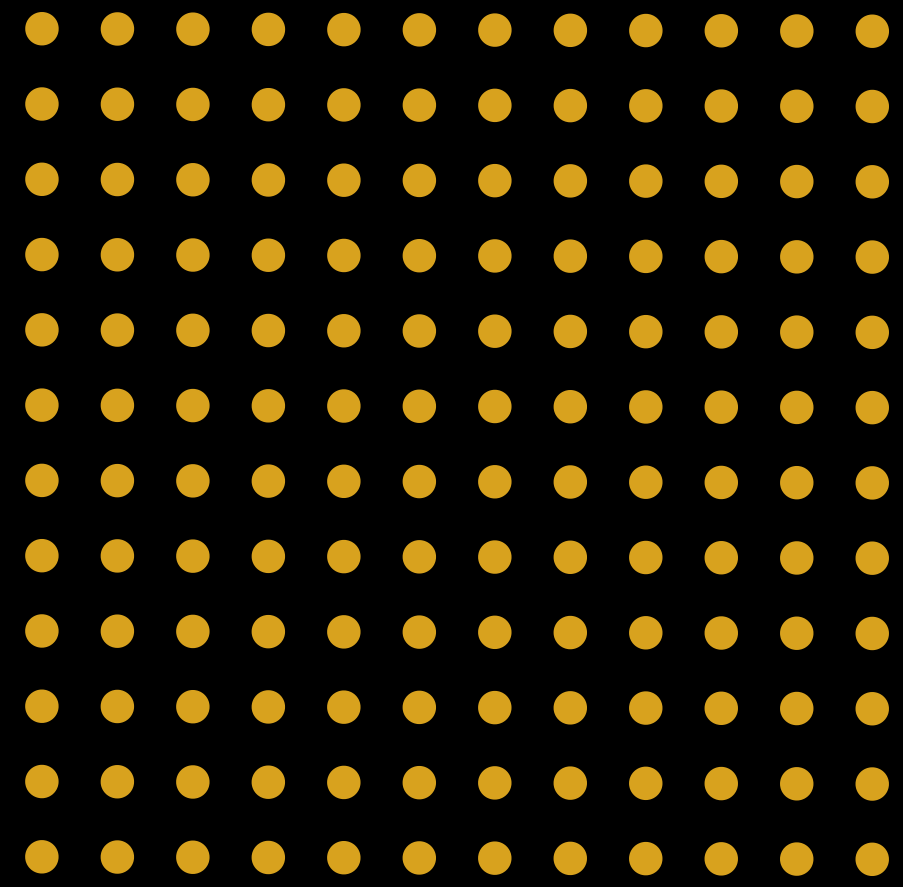
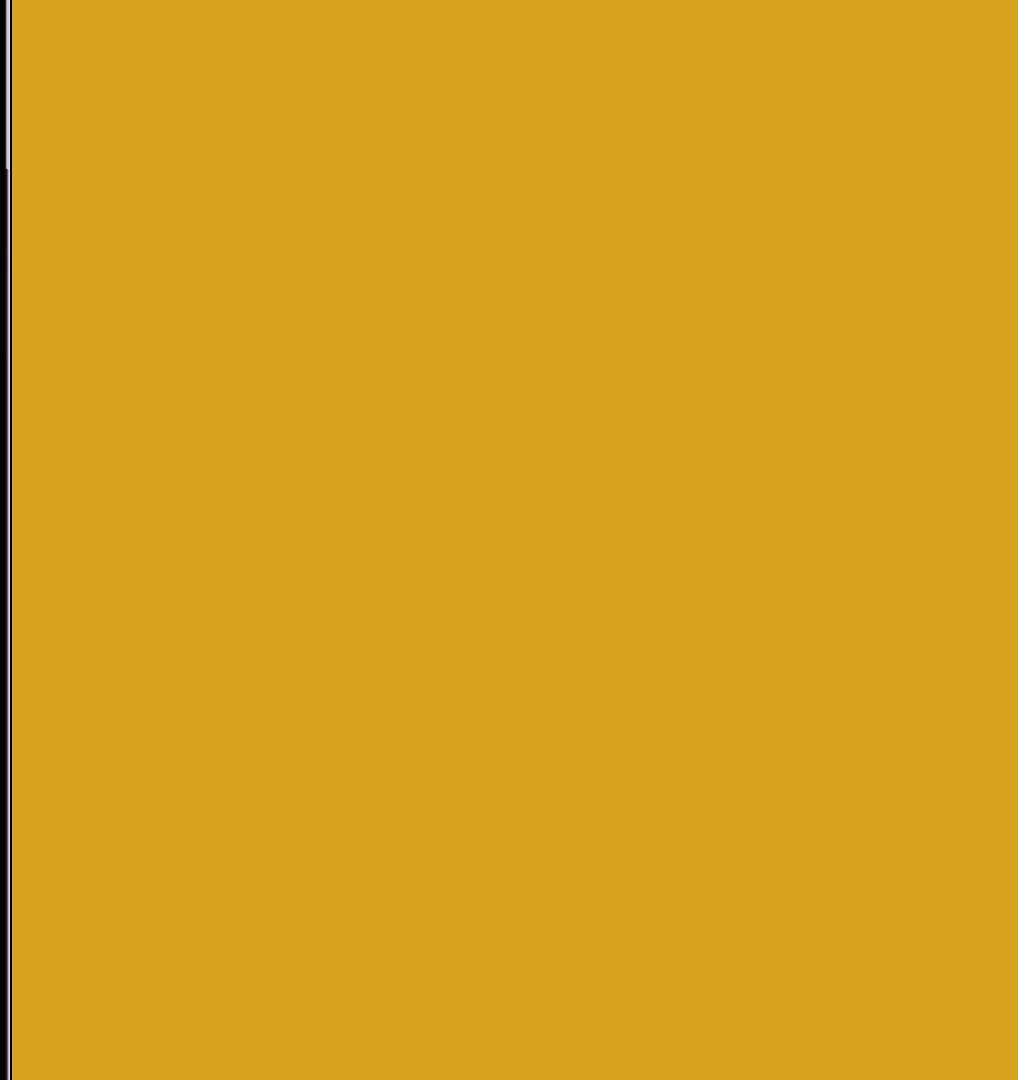
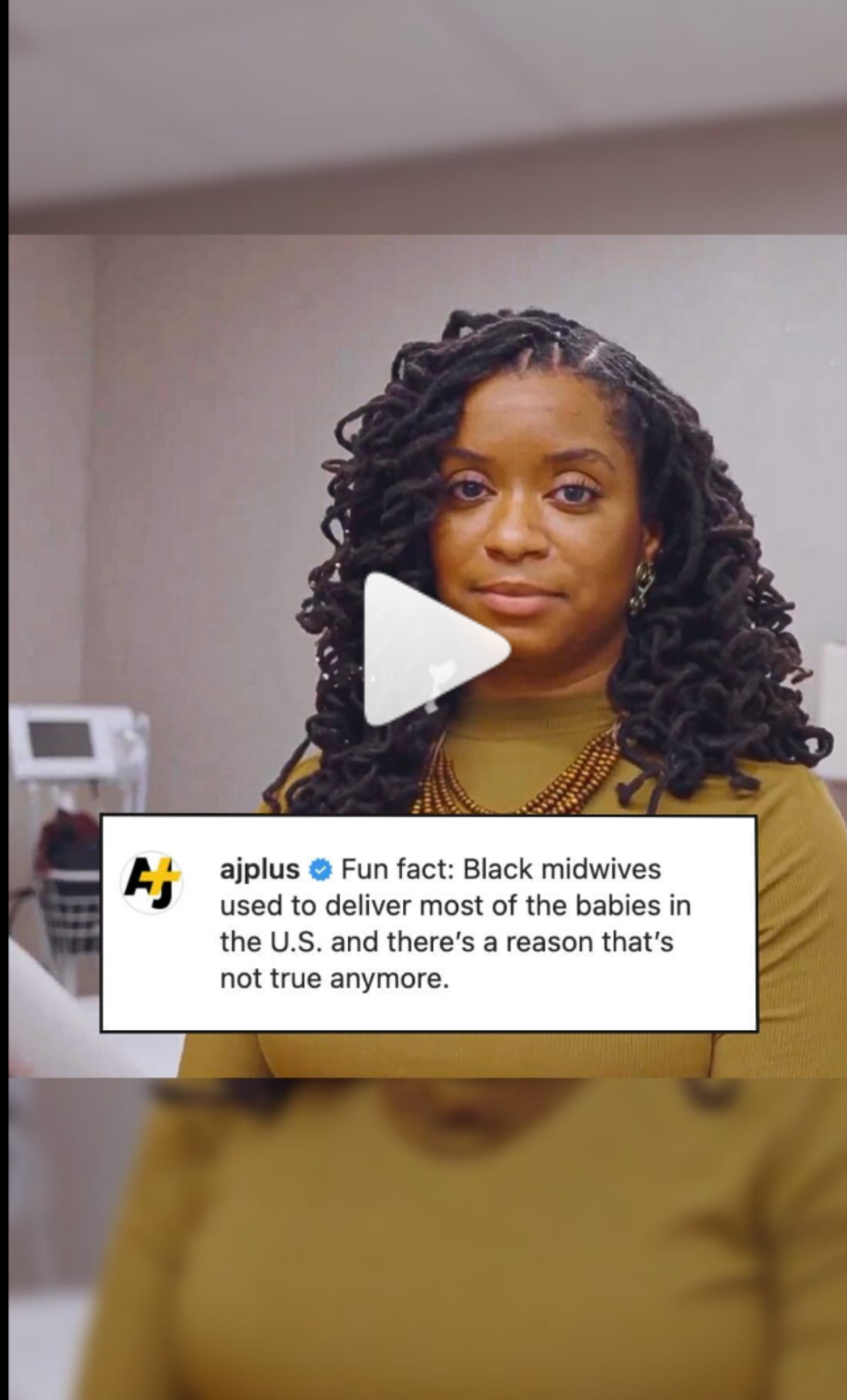
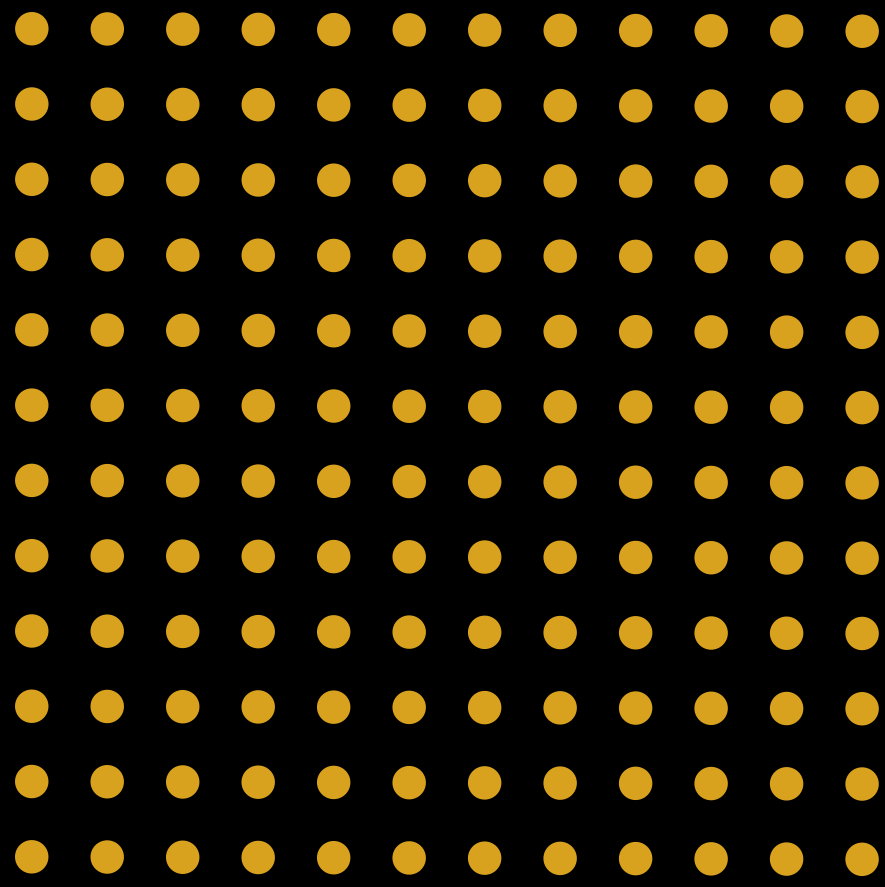



Vox + P

Watch on YouTube

"One of the darkest moments in US history was the systematic eradication of the African American midwife from her community, resulting in a legacy of birth injustices."

- Shafia Monroe



ajplus  Fun fact: Black midwives used to deliver most of the babies in the U.S. and there's a reason that's not true anymore.



ENVISIONING YOUR BIRTH

Prior to developing a birth plan, you must first create a vision of your ideal birthing experience.

What does the environment look like?

Who will be present and why?

What date is it, and how's the weather?

Length of labor and type of labor?

How do you want to feel?

What do you want to wear in labor?

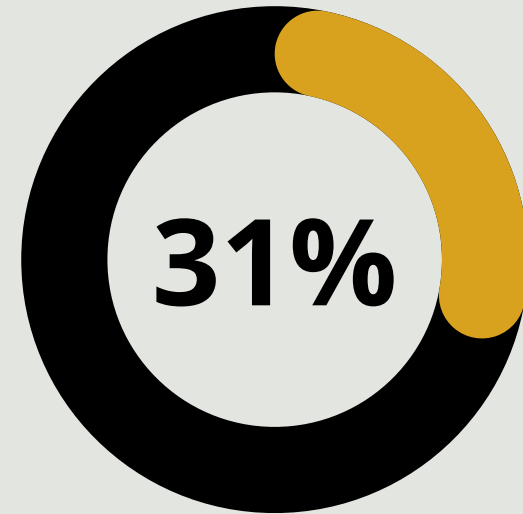
What sounds do you envision during your birthing experience?

How do you envision pushing your baby into the world?

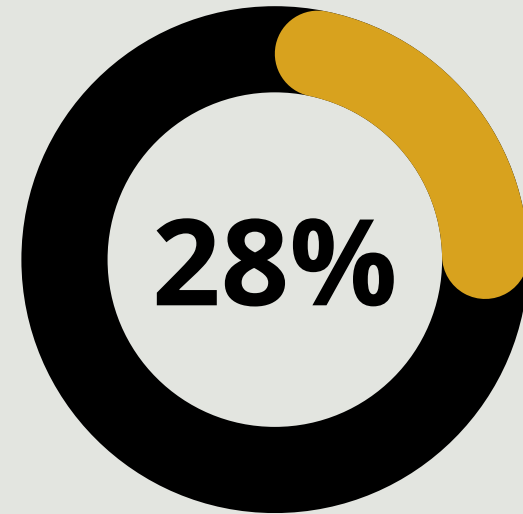
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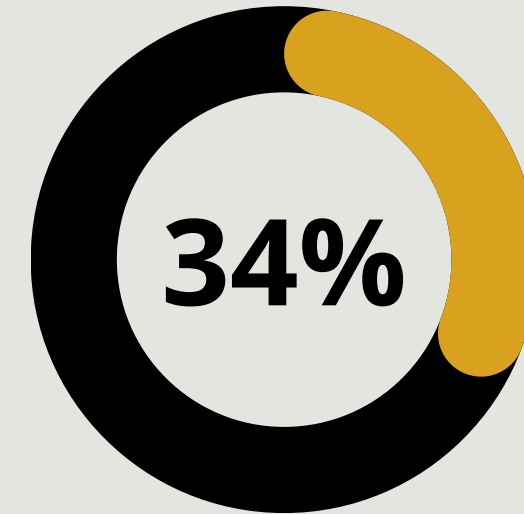
BENEFITS OF A DOULA



Pitocin



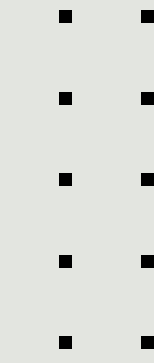
Cesarean



Dissatisfied

DESIGNING YOUR BIRTH PLAN

- **Work with Your Birth Team**
- **Conduct Research**
- **Discuss Your Wishes with Your Care Provider**
- **Be Flexible**

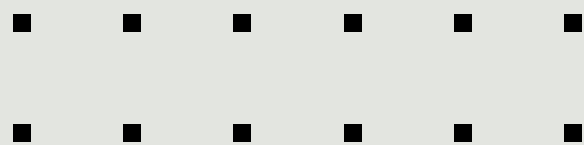


MINDFULNESS OF BIRTH



BEYOND THE BIRTH

- **Honoring your placenta**
- **Layin' in period**
- **Postpartum Sanctuary Plan**
- **Womb Healing Ceremony**



**America was
built on the
breast milk of
Black women.**



Felisha Floyd



COCOA MILK



A woman with dark braided hair, wearing a white hospital gown, is leaning over a baby lying in a hospital bed. The baby is wearing a diaper and looking up at the woman. The scene is set in a brightly lit hospital room with white linens.

Pregnancy is for a moment, but postpartum is forever.

-Erika Davis



3 Things

Non-Birthing Parents
Can Do When the
Baby Comes

[View more on Instagram](#)

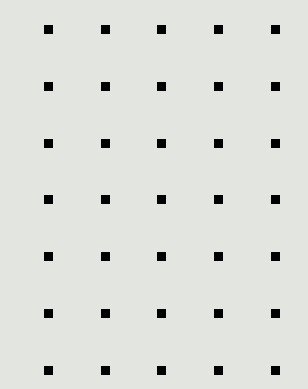
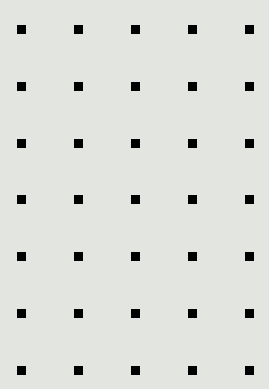
Q & A

At this time, we invite you to ask questions, and or share your thoughts about the presentation



THANK YOU

BLKBRY is a culturally responsive, evidence based practice that intends to interrupt harm to Black people by providing full spectrum wraparound support during the prenatal and postpartum periods, and by building power and autonomy through relationships of trust and restoring community birthing knowledge.



CONTACT US



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