

Go to www.menti.com/al811ncqpdoj

What is the most common root cause of lactation problems in your practice?





Amplifying Ancestral Practices

Decolonization as Community Health Care

Elizabeth Montez, IBCLC





trigger warnings

& a gift

"Indigenous grassroots organizations ALWAYS have to narrate sob-stories about our historical traumas and provide extensive "proof" of the harms we experience, to be believed that our work is worth funding and sustaining. Yet - white-culture organizations never have to answer if their legacy includes HARMING Black and Indigenous peoples. "

-Raeanne Madison

Postpartum Healing Lodge

*Anishinaabekwe, doula trainer, MPH,
organizer, mother, knowledge sharer*

Individual challenges

Community disparities

What is the root
of these challenges, and how is your work and perinatal industries
complicit in perpetuating them? How can we support harm reduction
and thriving individuals and communities?

Let's take a look at how this birth and parenting
have unfolded over time

Colonialism

the policy or practice of acquiring full or partial political control over another country, occupying it with settlers, and exploiting it economically. Oxford English Dictionary

Turtle Island

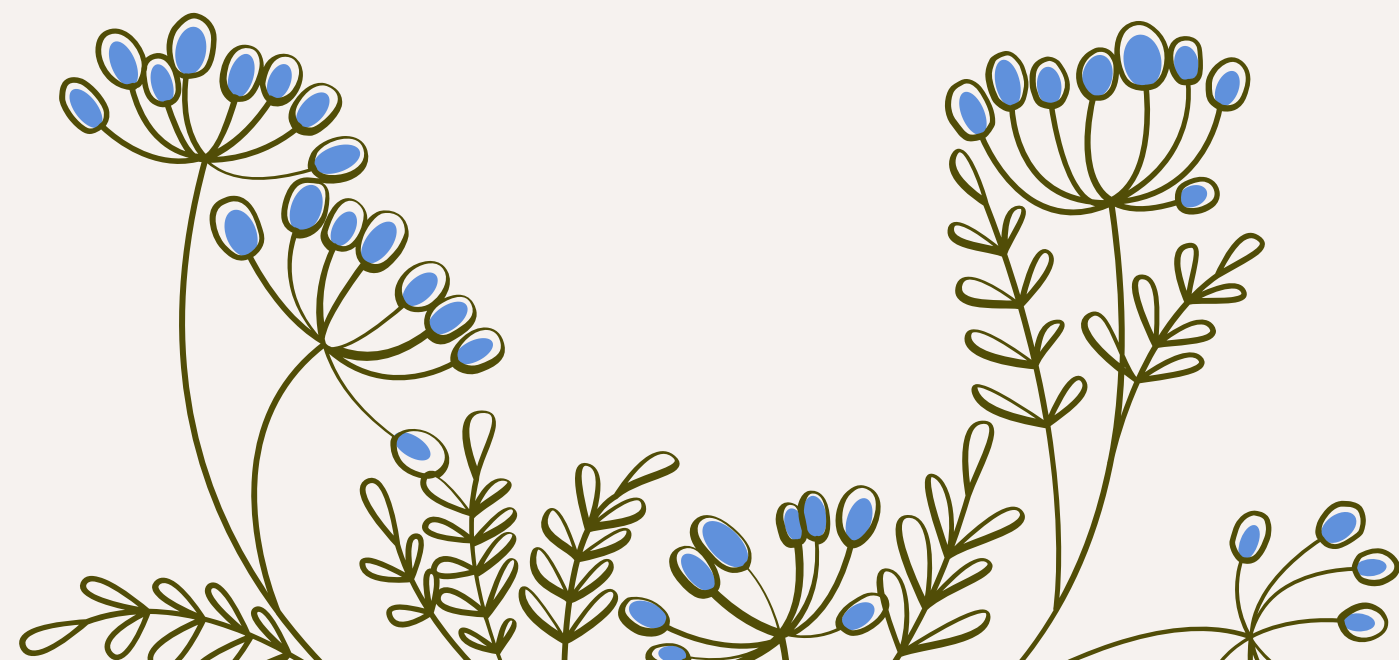
a term for North America commonly used among Indigenous peoples of the land.

Pan- Indianism

the simplification of rich histories and traditions of hundreds of nations into a singular identity

In a good way

In good relation





wherever you are....

YOU ARE ON
NATIVE LAND

VANCOUVER ISLAND

Bellingham

Colville

Neah Bay

Port Angeles

Everett

Grand Coulee

Spokane

Seattle

Bellevue

Wenatchee

Tacoma

Olympia

Aberdeen

Westport

Centralia

Yakima

Long Beach

Longview

Kelso

Kelso

Walla Walla

OREGON

Pacific Ocean

OLYMPIC MOUNTAINS

CASCADE MOUNTAINS

IDAHO

Evolution of Evidence Based Birth & Lactation Care In the US



1850s -- Florence Nightengale begins to codify the model of Evidence Based Practice. McDonald , L "Florence Nightengale and the early origins of evidence based nursing"



1860 - Abraham Jacobi "modern founder of pediatric medicine"



1889 - Howard Kelly, 1st professor of obstetrics



1956 - formation of La Leche League



1985 - creation of IBLCE



1996 - "Evidence Based Practice" became more commonly used clinical terminology, beginning with Sackett et al "Evidence based medicine: what it is and what it isn't" BMJ

Elizabeth Montez, IBLCE

Pre-contact civilizations

- Hundreds of nations throughout Turtle Island
- Established and thriving African communities

What ELSE was happening?

1607 - First colony built in Jamestown

1619 - 20 enslaved people brought to VA near Jamestown

1600's - mid 1900's - non-consensual or coercive wet nursing practices

1819 - 1960 Forced removal of indigenous children to Indian Boarding Schools

1830 - the Indian Removal Act

1850s -- Florence Nightengale begins to codify the model of EBP

1840s - Dr Marion Sims dubbed "the father of gynecology"


1840s - Anarcha, Betsey, Lucy, and countless other enslaved women were tortured and forced to undergo procedures without anesthesia for Dr. Sims' experiments

1860 - Abraham Jacobi "modern founder of pediatric medicine"

January 1, 1863 - The Emancipation Proclamation

June 19, 1865 - the first Juneteenth. 250,000 people released from enslavement

1877 - 1964 -the Jim Crow Era



"...We see the power of unity. What happens to one happens to us all. We can starve together or feast together. ALL FLOURISHING IS MUTUAL."

"The federal government's Indian Removal policies wrenched many Native peoples from our homelands. It separated us from our traditional knowledge and lifeways, the bones of our ancestors, our sustaining plants - but even this did not extinguish identity. So the government tried a new tool, separating children from their families and cultures, sending them far away to school, long enough, they hoped, to make them forget who they were."

Braiding Sweetgrass

Robin Wall Kimmerer

OK but that was all a REALLY long time ago! How is that relevant to today?

1819 - 1960 Forced removal of indigenous children to Indian Boarding Schools

1600's - mid 1900's - non-consensual or coercive wet nursing practices

1877- 1964 The Jim Crow Era

950s-1980s - targeted removal of indigenous children to foster care systems funneling into adoptions by non-native caretakers

1956 - formation of La Leche League

1978 - Indian Child Welfare Act (ICWA) & American Indian Religious Freedom Act

1985 - creation of IBLCE

1990 - Native American Grave Protection and Repatriation Act (NAGPRA)

1996 - "Evidence Based Practice" became more commonly used clinical terminology

2015 - Medolac targets Detroit to for human milk donors, primarily Black women, paying \$1/oz in the city with highest infant mortality rate in the country.

2021 - Lowest initiation and duration rates of lactation in the US consistently remain Black and Indigenous families

2022 - Haaland vs Brackeen challenges the constitutionality of ICWA

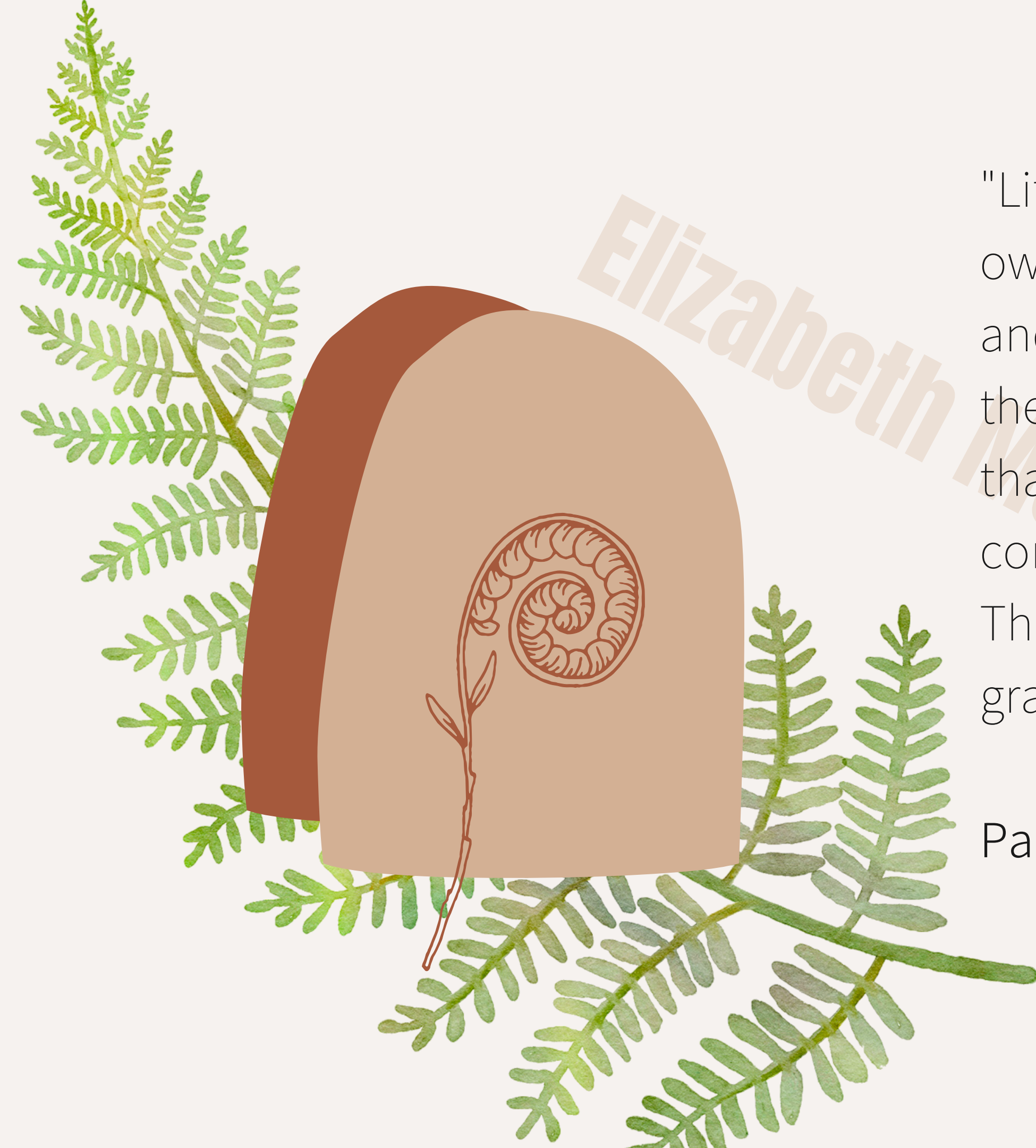


Leder art by Wakeah Jhane (Comanche/Kiowa).

Is that really the whole story?



Liberian mother nursing - photo credit UNICEF



"Life unfolds in a spiral, as children begin their own paths, and mothers, rich with knowledge and experience, have a new task set before them. Our strengths turn now to circle wider than our own children, to the well-being of the community. The net stretches larger and larger. The circle bends round again and grandmothers walk the Way of the Teacher..."

Paula Gunn Allen, Grandmothers of the Light

Evidence Based Care

"Evidence-based practice is a conscientious, problem-solving approach to clinical practice that incorporates the best evidence from well-designed studies, patient values and preferences, and a clinician's expertise in making decisions about a patient's care." - Nurse.com



Evidenced Based Care

*beyond the buzz
word...*

The burden of proof
lies on the intervention



Evidenced Based Care

*first step - what is
the physiological
norm?*



Disruptions to Lactation Accepted as Social Norms

- Separation of birthing person and baby
- Timed feedings/schedules
- Access & cost barriers to lactation support
- Gatekeeping of lactation knowledge
- Food insecurity
- Social messaging against "indiscreet" public nursing
- "Breast is best" vs. "Fed is best"
- Expectation of childfree spaces
- Little to no paid family leave
- Lack of understanding around full term lactation

Evidence Based Practices & Policies



1 hour contact after birth
30 seconds - 2 minutes
"delayed cord clamping"



Choline supplements
(slowly displacing non-EBP
sunflower lecithin)



Heat pads for milk
flow



Reverse pressure
softening

Lymphatic massage



"They think they're
innovating"

Shevonne Tsegaye
*DOH Lactation Friendly Environments
Coordinator, Lactation Pathway 1 mentee,
Changemaker*



Ancestral Practices



Uninterrupted bonding
after delivery and
support for child/family
centered society

30-40 days focus on rest,
recovery, and
connection



Anti-Inflammatory &
Choline Rich Foods

Nettles, wild rice, collard
greens, malunggay,
congee, eggs, atoles



Warmth
food, body, spirit



Massage & Touch
taught in community
extensive protocols



Kinship
&
Good relation



Elizabeth Monaghan
IBULC

EVIDENCE BASED PRACTICE OR IS IT...SNEAKY RACISM?

Braiding Sweetgrass

"Getting scientists to consider the validity of Indigenous knowledge is like swimming upstream in cold, cold water."

Go to www.menti.com/al811ncqpdj

What is the most common root cause of lactation problems in your practice?



Mentimeter



Elizabeth Martinez, IBCLC



16



What is the antidote to colonial harm?

Decolonization, Community Care,
Rematriation, Reciprocity

What Now?

Move through this work in a **good way**

**it starts with listening, reflecting, researching

Identify ways colonization and white supremacy sneak into your practice

Reduce gate-keeping and barrier creation

Stand in authenticity, not appropriation

Listen. Learn.

Maybe the task assigned to Second Man is to unlearn the model of the kudzu and follow the teachings of (plantain), to strive to become naturalized to place, to throw off the mindset of colonizer. Being naturalized to place means to live as if this the land that feeds you, as if these are the streams from which you drink, that build our body and fill your spirit. To become naturalized is to live as if your children's future matters, to take care of the land as if your children's future matters, to take care of the land as if our lives and the lives of all our relatives depend on it. Because they do. - Robin Wall Kimmerer

Chi Miigwetch to my
community and all the
teachers who have
shared their wisdom
with me and gifted me
the opportunity to
share with you

art by Elizabeth Montez





This presentation is the intellectual property of Elizabeth Montez, IBCLC and not for reproduction or distribution without permission.

Please contact Elizabeth at elizabeth@openarmsps.org or 360-798-0133 if you would like to license these materials or request this presentation.

