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Navigating the Psychosocial and Cultural Barriers Impacting Breastfeeding Among African American Mothers

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Handout

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Resources for Antiracism and Cultural Competence Training

A CRASH course in Cultural Competence

<https://citeseerx.ist.psu.edu/viewdoc/download?doi=10.1.1.545.5884&rep=rep1&type=pdf>

U.S. Department of Health & Human Services

<https://cccm.thinkculturalhealth.hhs.gov/default.asp>

The Antiracism Table 30-day Challenge: <https://theantiracisttable.com>

United States Breastfeeding Committee (USBC) <http://www.usbreastfeeding.org/equity>

Education and Support Resources for Mother and Families

Office of Women's health; "It's Only Natural"

<https://www.womenshealth.gov/its-only-natural/partner-resources>

Kellymom <https://kellymom.com>

Black Breastfeeding Mama Circle

https://www.facebook.com/groups/1911893642453654/?source_id=458374318004007

ROSE: <https://breastfeedingrose.org/programs/>

Other resources for White Ally:

Books: Why are all the Black kids sitting together in the cafeteria? By Beverly Daniel Tolum
The New Jim Crow by Michelle Alexan
White Fragility by Robin DiAngelo

Levels of Racism: A Theoretical Framework and a Gardener's tale by Camara Phyllis Jones

The Historical, Psychological, and Cultural Context of Breastfeeding in the African American Community
<https://documentcloud.adobe.com/link/track?uri=urn:aaid:scds:US:957e048c-c41d-4355-9786-2a9f609b3952> [documentcloud.adobe.com]

<https://www.youtube.com/watch?v=Mqrhn8khGLM> (16 min watch) *Bryan Stevenson on What Well-Meaning White People Need to Know About Race* (13 min read)

<https://psmag.com/magazine/bryan-stevenson-ps-interview>; *Bryan Stevenson '85, "We can't recover from this history until we deal with it." legacy of slavery and the vision for creating the National Memorial for Peace and Justice and The Legacy Museum* (6 min- watch)

panel of Black doctors talking about More Than Mistrust: Bringing Justice to Healthcare.
<https://twitter.com/OkechiBoms/status/1379469737399365633> [twitter.com]

PBS special on Reconstruction after the Civil War. It's very powerful and informative. I'd highly recommend watching. There are 4 episodes each 1 hour long. Here's the link:
<https://www.pbs.org/weta/reconstruction/episodes/>

(In)Visible Portraits by filmmaker Oge Egbuonu illuminates the history of the devaluing of Black women and celebrates their extraordinary heritage, shedding hope for future generations. It's available through Roku and Amazon Prime video on Discovery + which offers a 7- day free trial if you don't have it.

Here is a trailer clip of the movie:

https://www.youtube.com/watch?v=_eTQnfRvfMw

Here is a review of the documentary:

<https://www.indiewire.com/2020/06/invisible-portraits-review-documentary-oge-egbuonu-1202237862/>

Here is a YouTube video of conversations with the producer/director and panel. A little long but interesting

<https://www.youtube.com/watch?v=ZzINJpwMnc8>

Allegories on race and racism by Camara Phyllis Jones, MD, MPH, PhD
ted talk <https://www.youtube.com/watch?v=GNhcY6fTyBM>