



Birthing While Black

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The Journey

- The birthing journey ideally should be a joyous experience.
- It is one of the body's greatest miracles and one of the most powerful, intimate experiences a woman can have.



The Reality for Black & Brown Women Is Oftentimes Far From Ideal...





The Conscious Educated Consumer

- Knowledge is Power. Knowledge is empowering.
- Be a consumer of your health care.
- Arm yourself with knowledge about your health, your health history, and your partner's health history.
- Preparation and participation is key.
- Know your rights.
- Advocate for yourself.
- Nevertheless persist, persist, persist!!!!

Before the Big Day What do I need to know?

Prenatal Visits – Video Visits, Prenatal Classes

Feeding Options –

- ❖ Breastfeeding, pumping, hand expression, storing,
- ❖ Bottle feeding,
- ❖ Formula Feeding

Hospital Policies –

- ❖ Visitation – Parking
- ❖ Mask and social distancing, COVID-19 testing
- ❖ Rooming-in

Pain Management Options

- Natural - IV medication - Epidural

Before the Big Day What do I need to know?

- ❖ Mommy Bag
- ❖ Support Person Bag
- ❖ Nourishments
- ❖ Dining Options

- ❖ When you think you're in labor
- ❖ When do I go to the hospital
- ❖ Discuss signs of labor with your doctor
- ❖ Have important phone numbers available
- ❖ Warning Signs

The Big Day

Spontaneous Labor or Scheduled Procedure

- ❖ Birthing Plan
- ❖ Induction of Labor – When? Why? How? How Long?
- ❖ Scheduled C-Section – Why?
- ❖ Length of Stay
- ❖ Plan for going home

Meaningful Morsels

