

ABOUT BLACK MAMAS ATX

Black Mamas ATX is a community collective with the goal of reducing and ultimately eliminating the **alarming maternal mortality and morbidity rates among BLACK WOMEN**. Through programs, advocacy, training, outreach and research, *Black Mamas ATX* is leading the charge in Travis County to **help black mothers get the education and access to resources** needed to have **HEALTHY PREGNANCIES** and birthing experiences.

Black Mamas ATX provides Sister Circles support meetings on a regular basis, where Sister Doulas are on hand provide the tools necessary facilitate a healthy pregnancy, and provide support before, during and after child birth. Sister Circle meetings are also a fantastic way to meet other mothers to discuss experiences with pregnancy and child birth.

THE TIME HAS COME TO SHOW UP FOR OUR BLACK MOTHERS.



RESOURCES FOR BLACK MOTHERS IN TRAVIS COUNTY

Association of Maternal and Child Health Programs

(202) 775-0436

amchp.org

Maternal Infant Outreach Program

(512) 972-5059

austintexas.gov/departments/maternal-infant-outreach-program

Austin Black Physicians Association

(512) 375-3512

austinbpa.com

Texas Health and Human Services

(512) 424-6500

dshs.texas.gov/mch

Black Mamas Matter Alliance

info@blackmamasmatter.org

blackmamasmatter.org

The Afiya Center

(972) 629-9266

info@theafiyacenter.org

theafiyacenter.org

Center for Disease Control

(800) CDC-INFO

cdc.gov/preconception

Texas Medical Board

(800) 201-9353

tmb.state.tx.us/page/place-a-complaint



Follow us on social media at

@BlackMamasATX and stay connected.

Contact us at BlackMamasATX@gmail.com

or call (512) 646-0678

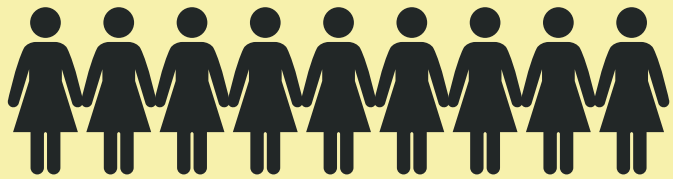
PRENATAL CARE TIPS FOR BLACK MOTHERS

TIME TO SHOW UP FOR BLACK MOTHERS



**BLACK
MAMAS
ATX**

HAVING A CHILD IS AN
EXCITING AND CHALLENGING
LIFE EXPERIENCE FOR WOMEN...
**FOR BLACK WOMEN
CHILDBIRTH CAN
ALSO BE HARROWING.**



**BLACK WOMEN ARE
243% MORE LIKELY TO DIE**

**FROM PREGNANCY OR
CHILDBIRTH RELATED CAUSES***

While proper prenatal care and screening is important, Black mothers also need the support of fathers, family and the community to ensure a healthy prenatal, birthing and postpartum experience.

**DID YOU
KNOW?**

For Black mothers the maternal death rate remains high regardless of level of income, education or martial status.

* Source: Pro Publica






TIPS FOR PREGNANT BLACK MOTHERS

DO'S

-  Discuss with your doctor your family history and discuss important tests and screenings that can make you more aware of factors that could affect your ability to have children
-  Take a supportive partner or doula with you to doctor's visits, one who can help you advocate for the best care
-  Join a Sister Circle to receive support from trained professionals
-  To ensure a healthy pregnancy, take folic acids and other prenatal vitamins
-  Discuss your mental health with a professional
-  Get plenty of sleep
-  Exercise regularly and maintain a healthy weight
-  Contact Black Mamas ATX for assistance and support in advocating for yourself

Source: Centers for Disease Control

DON'TS

-  Use drugs, alcohol and tobacco products
-  Eat raw meat and avoid seafood if possible
-  Use hot tubs or saunas
-  Drink coffee and other caffeinated drinks
-  Keep concerning experiences with the healthcare system to yourself



PARTNERS HAVE AN IMPORTANT ROLE TOO!

The role of life partners in the lives of Black mothers is very important – before, during and after pregnancy. For life partners, health screenings, such as routine bloodwork and STD testing at annual check-ups, can help avoid serious complications during child birth and birth defects of your unborn children.

Partners can also play an important support role by learning about the impacts of pregnancy for Black women and showing up for doctor's visits and helping advocate for the mother, being a part of the birthing experience and helping take care of the mother and newborn after childbirth.

SISTER DOULAS

A sister doula is a woman trained to assist women and their families during and after childbirth.

Although not a medical professional, sister doulas have the training necessary to provide physical and emotional support to expectant mothers and their support systems.