

Richardson Review

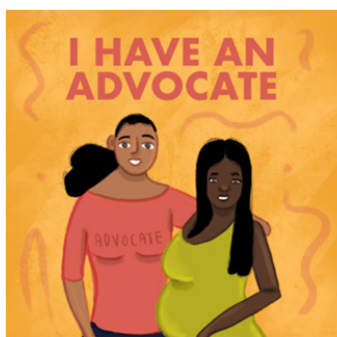
THE OFFICIAL NEWSLETTER OF SLA/SB AAIMM CAT

The South LA/South Bay African American Infant & Maternal Mortality
Community Action Team

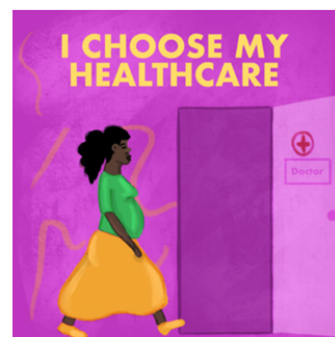


The **Black Birthing Bill of Rights** was created by the National Association to Advance Black Birth as a resource for Black families to know their maternal care rights. This guide also serves as an educational tool for medical professionals, hospitals, and other public or private agencies to help improve their policies, ethics, and overall approach to serving Black families throughout the birthing process. For more information and to see the complete Black Birthing Bill of Rights, visit thenaabb.org.

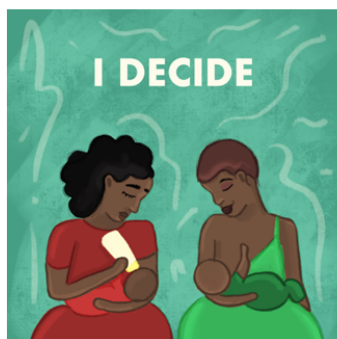
TO KNOW YOUR WORTH IS TO KNOW YOUR RIGHTS!



I have the right to a perinatal advocate to address my concerns.



I have the right to change providers or birth facilities.



I have the right to choose how I want to nourish my child and to have my choice be supported.



I have the right to receive care that acknowledges my strengths.



I have the right to be believed and acknowledge that my experiences are valid.

The **SLA/SB AAIMM CAT** is here to support you!

We strive to create systemic change to ensure that every African American/Black woman, infant, child, and man lives wholly and thrives; is treated with dignity and respect, and has access to unbiased, humane, and equitable services that support and enhance their health and well-being. The South Los Angeles/South Bay African American Infant and Maternal Mortality Community Action Team (CAT) is a collaborative partnership between the Los Angeles County Health Agency, community-based organizations, health care providers, community residents, faith-based organizations, and community businesses united in one purpose: to end African American/Black infant and maternal mortality in the South Los Angeles/South Bay community.

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COMMUNITY CHAMPION: MASHARIKI KUDUMU

BY LEILANI DARRETT
ICS CO-CHAIR

Mashariki Kudumu, a wife, mother, advocate and leader who learned from an early age the meaning of working for your community and being politically active coming from a family of activists. Mashariki discovered her passion for uplifting the voices of her community and awareness of premature births after her own personal experience with premature delivery of her three sisters children and her own child all delivering at 37 weeks. While working at Cedars-Sinai, Marshariki began to look for a position that would allow her to use community engagement background and allow her to support and be a participant in organizations that uplift the voices of her community.

She found her place in November 2017 joining the March of Dimes (MOD). March of Dimes, an organization that fights for the health of all mothers and babies by providing education to medical professionals, partnerships with hospitals, supporting research, providing comfort and support to families in NICUs along with advocacy for the health of moms and babies.

The organization has also dedicated an entire blog for mothers during this current COVID-19 pandemic called News Moms Need. Giving mom and moms-to-be vital information on various topics from a healthy pregnancy to vaccine safety. Working with MOD, Marashariki provides a voice at the table for Black mothers acting as a gatekeeper and liaison between the March of Dimes and her community. As she leads by example through experience and advocacy she actively lifts up Black Women voices, stories and needs.

For more March of Dimes information and programs please visit March of Dimes marchofdimes.org

For more News Moms Need please visit newsmomsneed.marchofdimes.org



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CELEBRATING BLACK BIRTH: LIVING TESTIMONY

BY SUMMER MCBRIDE,
ICS CO-CHAIR

I am Jessica Wade, founding President/CEO of Mighty Little Giants, a non-profit organization that supports families who have babies in the NICU. Our mission is to bridge and stand in the gap for our families while embracing our core values of integrity, compassion, and encouragement. Some of our programs include NICU Support, Life AFTER the NICU support, and our Mighty Little Angels. This March, we will be launching a new program called Mighty Meals on Wheels, providing meals to NICU families in need. We are also excited to support moms who are experiencing postpartum depression by delivering our essential self-care kits to help them create spaces for self-care wherever they are and to remind them that they are not alone.



My passion for NICU families and mothers experiencing preterm births developed as a result of my personal experience of being hospitalized on total bed rest for eight weeks before delivering my first son, 12-weeks prematurely. I have spent the last ten years working in my community, advocating for underserved women, children, and families. Once my son was released from the NICU after his 143-day stay, I made a promise to myself that I would do everything in my power to help families that experience similar situations.

I am a Certified Doula, a Lactation Education Specialist with a Bachelor's Degree in Early Childhood Administration. I serve on numerous Boards and committees, and my ultimate goal is to provide peace in the midst of the storm for our families. My message to anyone who is pregnant or has just given birth is that your voice matters, your pain is important, and there is a light at the end of the tunnel. Mighty Little Giants wants to walk out this journey with you while connecting you to resources, information, and support to expand your village and help you thrive. We know self-care is important, but we also believe in the power of soul-care. Sometimes your body, mind, and soul need to be recharged and uplifted. My Mighty Little Team and I want to help restore your peace and bring light to what can feel like a dark and difficult season.

To learn more about our program or to contact us, visit www.mightylittlegiants.org or email us at jessica@mightylittlegiants.org.



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FOR US BY US: RECOGNIZING BLACK BUSINESS OWNERS

SHARED BY ADJOA JONES, SLA/SB AAIMM CAT CO-LEAD
DHS

The AAIMM family expresses extreme thanks to the Hot+Cool Cafe for always welcoming us and providing a place for our lunch meetings. It would be nothing without the amazing juices and that Soul Bowl!!

Hot + Cool Cafe, a Los Angeles County-certified social enterprise, is a local Black-owned and family-operated coffee shop in the heart of Leimert Park Village that opened in 2018. The Cafe is committed to making sure all their neighbors have access to healthy food, regardless of circumstance. Owners Tony Jolly and Tina Amin intentionally chose Leimert Park as the location for their vegan cafe in what has historically been a food desert for convenient, healthy food choices in South Central.



Hot + Cool Cafe prides itself on prioritizing the South Central community of artists, families, and neighbors by offering delicious vegan eats and Ethiopian coffee with a vibrant gallery-like feel. They partner with LA Community Fridges to ensure that healthy food options are available 24/7 for the community.

Hot + Cool Cafe

is an unapologetically Black-centered, cultural, and creative gathering place for building community across generations. It is known as a community gathering space that elevates local Black artists and musicians through live events in the alley. The Cafe has its space to support social justice issues and workforce development. Recently, it served as an official voting site during the 2020 Presidential election. They continue to partner with local businesses and organizations to uplift the South Central community. A second Cafe location opened in Woodland Hills, in December 2020, serving the Warner Center community.

Tony Jolly|408-706-8525| Life Is Good



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THIS IS THE CARE I NEED! TERMS TO KNOW...

CURATED BY MARQUITA JONES, BLACK INFANT HEALTH

Birth workers help by protecting a birthing person's experience and advocating for their birth plan. Birth Worker support has been linked to better parenting and higher satisfaction with the outcome of the birth in general.

A **doula** is a trained companion who is not a healthcare professional and who supports birthing individuals through a significant health-related experience, such as childbirth, miscarriage, induced abortion or stillbirth. A doula may also provide support to the birthing person's partner, family, and friends.

A **midwife** is a trained person who assists women and birthing persons through pregnancy and childbirth. Many midwives also provide prenatal care for pregnant women, birth education, and care for mothers and newborn babies after the birth.

A **sistah friend** is a person who is willing to commit to mentoring a pregnant woman. The Mentor provides social support by helping the expecting mom to navigate barriers and to ensure that she has the necessary resources to have a healthy pregnancy and thriving infant.

A **partner** supports birthing person through pregnancy labor and newborn baby care whether that person is the baby's father, the pregnant woman's partner or are supporting a single mother-to-be. Partner has a crucial role in ensuring pregnant women/person gets the support she needs during this life-changing time.

WIC Breastfeeding Helplines:

CinnaMoms/ PHFE WIC
(888) 278-6455
Facebook: CinnaMoms_
Instagram: @CinnaMoms_

Cocoa Babies & Milk/ Watts Health Foundation WIC
(323) 241-1780 x4317

Black Breastfeeding Sisterhood/ Long Beach WIC
(562) 570-4457

South Los Angeles Health Projects WIC
(323) 905-1248

Virtual Breastfeeding Support Groups:

Awesome Breastfeeders
Facebook: Awesome Breastfeeders
Instagram: @Awesomebreastfeeders
Website: www.lydiaoboyd.com

Martin Luther King Jr. Community Hospital Mommy Group
Contact at lactation@mlkch.org
or call 424-338-8227

Soul Food for Your Baby
Website:
<https://www.soulfood4yourbaby.org/>
Facebook: SoulFood4YourBaby
Instagram: #soulfoodforyourbaby

Call TCCI BIH to Register!
323 - 238 - 3206
RSVP by 2/19/21

Parenting for Liberation
in collaboration with
The Children's Collective Inc.
Black Infant Health Program
Presents

From Trauma to Triumph

A Parenting for Liberation
Workshop Series

February 24, 2021 | Session 1
March 3, 2021 | Session 2
March 10, 2021 | Session 3
3:00 PM - 5:00 PM

Parent participants will unlearn old ways of parenting rooted in fear and trauma and shift to new alternatives to raise liberated and free children. **Register now** to receive a free copy of the newly published book, *Parenting for Liberation: A Guide for Raising Black Children*.

black infant health
the children's collective inc.



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STORY TIME WITH MATTHEW A. CHERRY "HAIR LOVE"

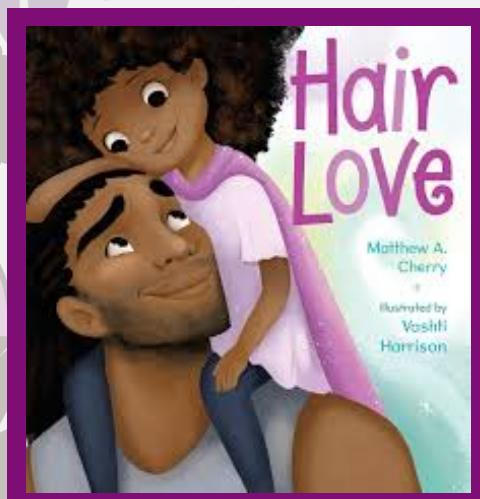
BY ELLEN BRANCH, SLA/SB AAIMM MEMBER

Hair Love was inspired by an animated short of the same name created by Cherry to spotlight the lack of appreciation for African American textured hair in animation. He's transitioned the story from film to page, and the result is an ode to the incredible versatility of African American hair and the charming resilience of a dad dedicated to his daughter.

Author, Matthew A. Cherry wears many hats as a film director, producer, and editor. With his debut picture book, Hair Love, he can now add children's book author to that list.

Written By: Matthew A. Cherry

Illustrated by: Vashti Harrison



STORY TIME FOR YOUTH READERS WITH DR. GRANT A MOON FOR US ALL

BY ELLEN BRANCH, SLA/SB AAIMM MEMBER

A Moon For Us All was written for youth to read independently or for families to enjoy together. It shares the decolonized stories of Black families and their history in their own voice.

Leo Axel Rollins is not pleased to learn that he has a major school assignment to complete over spring break. Dr. Patterson, his 8th grade global studies teacher is relentless. Two-weeks of relaxation has turned into a quest for five generations of history "Do you ever wonder where your grandmother's great grandfather's mother lived? What she did? How she dressed? What she dreamt about?" Dr. Patterson asks his class. What begins as a school assignment turns into a rite of passage as Leo tries to figure out who he is as a Black teen in America where concerns like police brutality, racism and discrimination are still present even after the global pandemic has reopened the world. Join Leo, his little sister Lena-Symone and their family on this enlightening and inspiring journey across the globe from feudal Europe to pre-colonial Ghana; from the mountains of Brazil to the plantations of Mississippi. Leo is changed forever as he is compelled to combat the complexities of his Blackness.



Written By: Dr. Donald E. Grant Jr.

Illustrated by: Decorafis Studios

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THE SPOTLIGHT ON SUPERVISOR HOLLY J. MITCHELL

BY YOLONDA ROGERS-JONES, BLACK INFANT HEALTH

It is with great pleasure and enthusiasm that the South Los Angeles/South Bay African American Infant and Maternal Mortality Community Action Team (SLA/SB AAIMM CAT) welcomes and shines a light on the newest member of the Board of Supervisors, Holly J. Mitchell. Supervisor Mitchell joins the Board as the fifth supervisor of an all-women-led board and will serve a constituency of almost 2 million people, including residents in South Los Angeles and South Bay.

Prior to being elected to the Board, Supervisor Mitchell's local and statewide service includes being Chief Executive Officer at Crystal Stairs, serving in the California State Assembly representing the 54th Assembly District, and most recently she tirelessly worked as a California State Senator, where she championed **Senate Bill 464, California Dignity in Pregnancy and Childbirth Act**
https://leginfo.ca.gov/faces/billTextClient.xhtml?bill_id=201920200SB464

This legislation addresses the glaringly high death rate Black women experience while pregnant and during the first year after giving birth, and mandates by law that perinatal health staff are required to participate in implicit bias training every two years. The implicit bias training will help perinatal health staff increase their understanding of the ways implicit bias, implicit prejudice and implicit stereotypes impact birth experiences and outcomes for Black women. Supervisor Mitchell we have a SPOTLIGHT on you for being in the birth equity fight with SLA/SB AAIMM CAT. Thank you!



For more information about the SLA/SB AAIMM CAT
Integrated Community Solutions (ICS) Work Group contact:
Summer @summer@clarishealth.org or Leilani @leilanidarrett@gmail.com

 @BlackInfantsAndFamiliesLA 