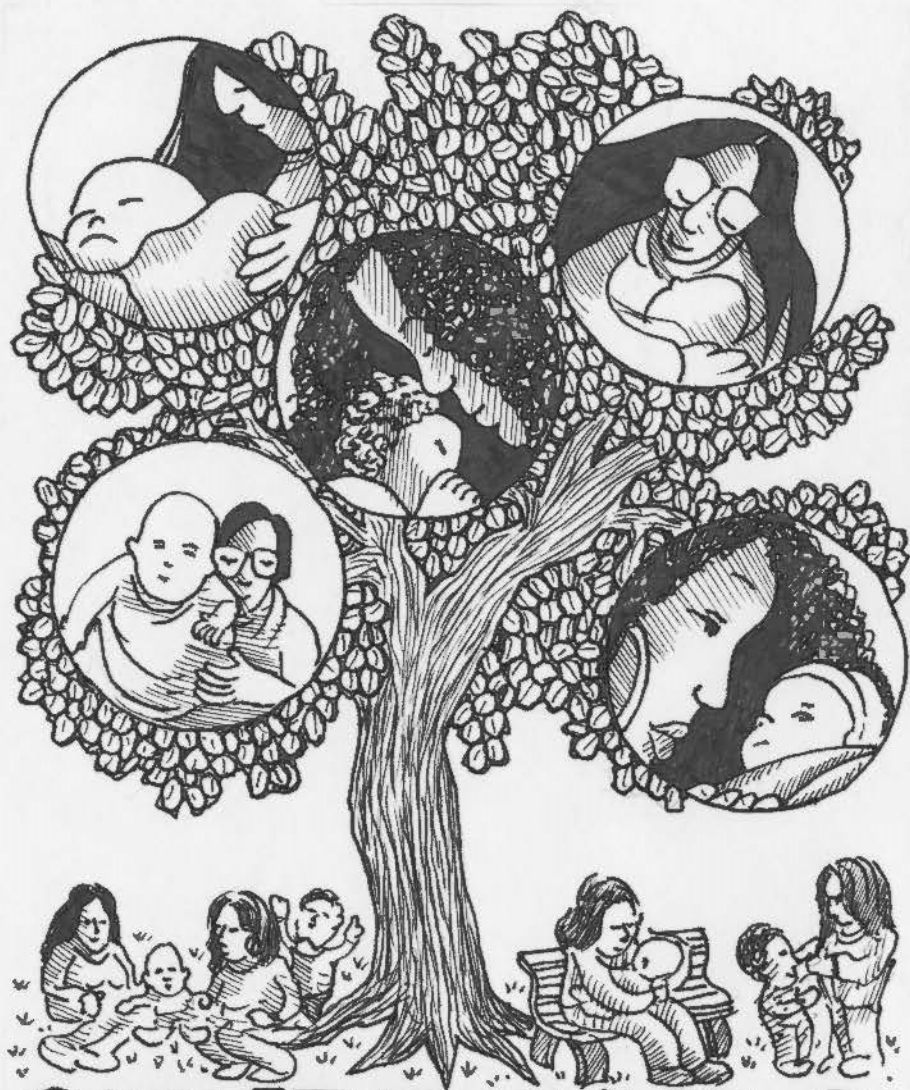




SEMBRANDO



AMOR



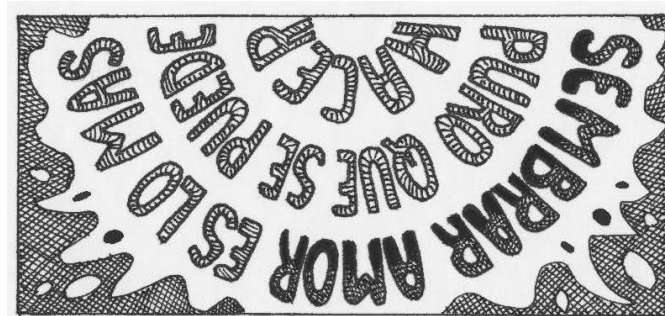
About the Zine



Sembrando Amor (sowing the seeds of love)

A Zine centering Community Expert experiences with wisdom about Breastfeeding and Chestfeeding

This zine was designed to share the expertise of Black, Indigenous, and People of Color (BIPOC) parents in their own words. The parents gave birth to children who would be the first generation born into the COVID-19 pandemic. The project, which included a Photovoice and Zine process, centers community experiences and voices with the intent to honor their role as experts in frontline matters that impact them as an institutionally marginalized community. Their experience is critical to understanding the challenges that BIPOC parents have faced in overcoming systemic barriers that were amplified due to the pandemic. By sharing their stories of resilience in birthing and breastfeeding, we hope to encourage others in the community to breastfeed/chestfeed and encourage institutions to learn from their stories and experiences to change policy and attitudes to more effectively support breast/chestfeeding in ways that are meaningful, practical, and culturally and linguistically sensitive and supportive for their needs and goals.



Yenina Guerrero, Community Expert



Yenina is Garífuna, of African and indigenous ancestry, and a mother of 3 children. In her home village, she and her family benefited from wisdom passed down generationally, and also experienced the normalization and benefits of breastfeeding herself. Yenina believes breastfeeding is the most natural and healthy choice for her babies,

while helping them develop their immunity. She would like to see more promotion of breastfeeding after birth, in the hospital setting, so that it is considered a serious option without fear. Culturally and linguistically competent pre- and postpartum professionals are needed to support mothers under stress, as well as a holistic approach that takes into account the wide range of health issues, economic challenges, and needs and stressors of parents, family and community—specifically for Black, Indigenous peoples and people of color.



MI MAMA Y ABUELA
SIEMPRE DECÍAN QUE
LA LECHE ES LO
MEJOR QUE UNO
PUEDE DAR A
SU HIJO.



PORQUE ES BUENO
PARA LA SALUD
PARA QUE NO SE
ENFERMEN.



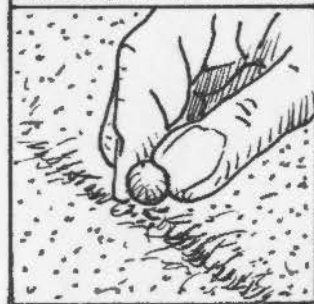
PERO APARTE, ES
COMO SEMBRAR
UN ÁRBOL.



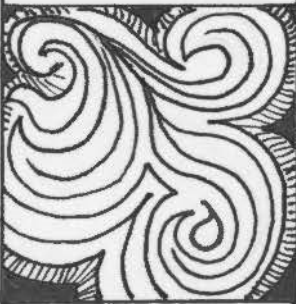
PARA DECIR NIETO,
LAS ABUELAS DICEN
"ES UN ARBOLITO,"
ES FRUTO DE MI
HIJA!



PORQUE AL DARLE
PECHO, LE ESTÁS
SEMBRANDO UN
AMOR A TU HIJO.



ES COMO SEMBRAR
UN ÁRBOL Y TU
LECHE LE AYUDA
A FLORECER BONITO



POR ESO UNO SE
MOTIVA Y LE DA
Y LE DA.



LA MAMA', LA
ABUELA, EL
HIJO — ES UNO
SOLO.



Y ASÍ LA FAMILIA
APRENDE A
CUIDARSE
TAMBIÉN



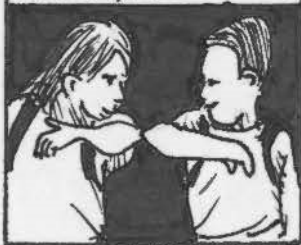
PORQUE ALLÁ EN
EL PUEBLO, DESDE
NIÑO, UNO PUEDE
CUIDAR A SU
HERMANITO.



NO SE ENCARGA
DE SU HERMANO
—SINO LO QUE
UN NIÑO PUEDE
LO HACE



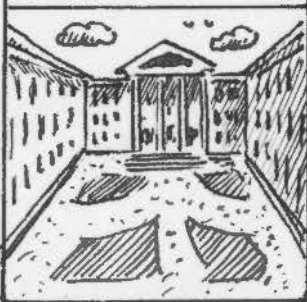
ASÍ VAN
DESARROLLANDO
ESO EN SU MENTE
DE CUIDAR A SU
HERMANO, DARLE
AMOR, PROTEGERLO



YO AYUDE' A
CUIDAR A MI
SOBRINA DESDE
LOS 15 DÍAS.



MI HERMANA IBA
A LA UNIVERSIDAD,
VIVÍA EN LA
CEIBA



YO TENÍA 12 AÑOS,
PERO LA CUIDE'
COMO QUE SI
YO FUERA LA
MAMA'



ELLA AHORA
TIENE SU
HERMANITO DE
7 MESES, QUE
ELLA LO CAMBIA
LO BAÑA Y TODO.





PUES NI MODO
QUE LO VAYA
A DEJAR DE
DARLE PECHO.
ME DEFENDÍ:

ACASO A
TI NUNCA
TE DIERON?



ESTA FOTO ES
COMO SENTIRME
EN EL PUEBLO.
PORQUE ALLA,
NO NECESITAS
CUBRIRTE.



ALLA' EN MI
PUEBLO, PUEDE
ESTAR EL PAPA',
ABUELO O
QUIEN SEA DONDE
SEA Y SI TU HIJO
NECESITA PECHO,
TÚ LE DAS.



ENTONCES ESTA
FOTO DE UN GRUPO
DE MUJERES
REUNIDAS
DÁNDOLES PECHO
A SUS BEBÉS
ME HIZO PENSAR
"WOW ME
PARECE MUY
BUENO!"



DOS, TRES O
MÁS JUNTAS
GENERA
CONFIANZA Y
SOLIDARIDAD,
UNA CON LA OTRA



DEMUESTRA LA
LIBERTAD QUE
UNA MUJER
DEBE SENTIR AL
AMAMANTAR A SU
BEBÉ CON LECHE
MATERNA.



ASÍ TE PUEDES
DEFENDER CON
CONFIANZA

ME GUSTA
DARLE. YO
QUIERO
DARLE. ES
BUENO PARA
LA SALUD!



Y VAS A
NECESITAR ESA
CONFIANZA,
PORQUE A VECES
NO TE SALE LA
LECHE IGUAL



CUANDO YA IBA
A PARTO CON MIS
OTROS BEBES,
YA IBA CARGADA
DE LECHE.



PERO CUANDO MI NIÑA NACIO, NO ME SALIA LECHE.



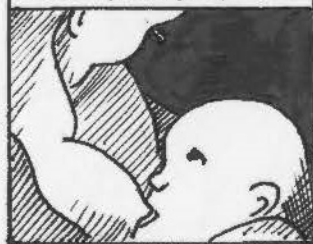
ENTONCES ME DECÍAN "PONLA AHI EN EL PECHO PARA QUE SE ESTIMULE."



SÉGUI' INTENTANDO, Y NADA. QUIZÁS FUE POR EL ESTRÉS.



ME DECÍAN "RELÁJATE, TIENE QUE ESTAR RELAJADA PARA DARLE PECHO A TU NIÑA."



YO PIENSO QUE CUANDO HAY MÁS ESTRÉS, ES MENOS PRODUCCIÓN DE LECHE.



PARA AMAMANTAR, TENÉS QUE MANTENERTÉ RELAJADA Y EN UN LUGAR TRANQUILO PARA PODER PRODUCIR.



PERO TENES QUE PERSISTIR, PORQUE AL MOMENTO DE TENER TU BEBÉ, NO TE VA A PRODUCIR DIRECTAMENTE LECHE.



Y SI DEJAS DE HACERLO, SE TERMINA TU LECHE.



SI NO TENÉS LECHE AL MOMENTO DE TENER A TU BEBÉ, TENÉS QUE SEGUIR PROBANDO Y PROBANDO Y PROBANDO.

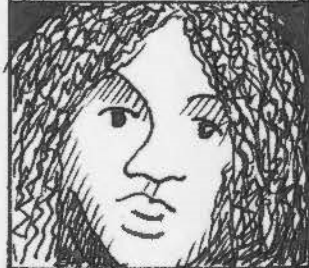




DAR PECHO ES BUENO Y MUY BENEFICIOSO A NUESTROS BEBÉS, YA QUE LOS MANTIENE FUERTES Y SALUDABLES.



PORQUE LA LACTANCIA ES CREADA POR DIOS, ES UNA DE LAS VIRTUDES QUE TIENE UNA MUJER



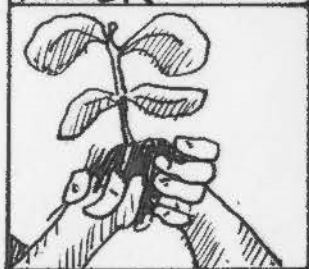
HAY QUE MOTIVAR A LAS MUJERES - CON EL APOYO DE LOS PAPÁS Y LAS FAMILIAS - A DARLES PECHO A LOS BEBÉS



O DE PÉRDIDA SABER QUE ES UNA OPCIÓN Y QUE TENGAN APOYO.



PORQUE DARLES PECHO A LOS NIÑOS ES SEMBRARLES AMOR



Y CONTRIBUYE A UNA FAMILIA CONTENTA, SINTIENDO...



TENER FAMILIA ES LA BENDICIÓN MAS GRANDE QUE UNA PERSONA PUEDE TENER. UN LEGADO DE DIOS



SEMBRAR AMOR ES LO MAS
PURO QUE SE PUEDE
HACER

SEMBRAR AMOR ES LO MAS
PURO QUE SE PUEDE
HACER

Luissana Santibañez, Community Expert



Luissana Santibañez is a proud Xicandia mother of three beautiful children who keep her accountable and teach her to be present in her values, both playfully and creatively, each and every day. She is a first-generation U.S. born daughter of migrant parents of Purepecha and Mestizaje lineage, from Guerrero and Michoacan, Mexico. For

her, breastfeeding is a way to connect her children to their matrilineal roots, as well as an opportunity to heal from the violence and separation that deportation and border wall policies have caused in her family. Luissana believes nursing rooms should be available in all places and that Medicaid coverage should extend to Doula or Birthworker Support to address the health equities that exist in our community.



I HAVE ALWAYS
SEEN THAT
MOMS ARE
SUPERHEROS



BUT I DID NOT
KNOW WHAT
THAT FELT LIKE
PERSONALLY



AS A FIRST GEN-
ERATION COLLEGE
STUDENT, I HAD
TO JUGGLE SCHOOL
AND HELPING
MY FAMILY



SO THE THOUGHT
OF HAVING KIDS
NEVER EVEN
CROSSED MY
MIND



AND THEN, I
HAD MY FIRST
BABY!



YARETZI
XOCHIQUETZALLI
GODDESS OF
DIVINE BEAUTY



WE WELCOMED
HER, HONORING
OUR TRADITIONAL
PRACTICES



BUT AS THE
MOON GREW
BRIGHTER...
REALITY CREPT IN



SUDDENLY,
I FELT ALONE.



BREASTFEEDING
WAS PAINFUL
AND MY BABY
KNEW IT



THE LACTATION
NURSE AT THE
HOSPITAL SAVED
THE DAY!



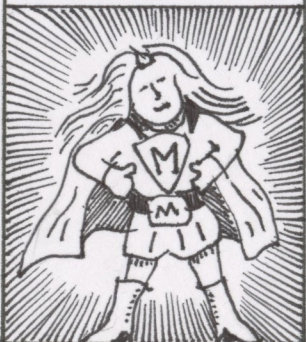
SHE KNEW THAT
MY BABY'S SUCKLE
HAD TO BE
WHOLLY IMMERSSED
ON MY BREAST



AFTER MY NIPPLES
HEALED FROM
CRACKED SKIN, SO
DID MY FEARS



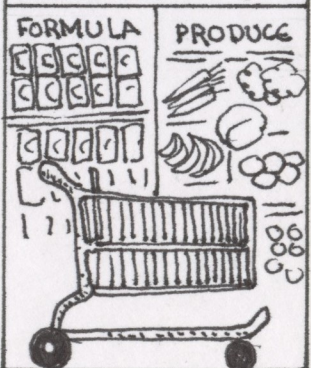
MY POWER AND
SOVEREIGNTY
WERE RESTORED



I COULD NOW
SUPPLY MY BABY
WITH HER SACRED
FOOD ANYTIME



NO PURCHASE
NECESSARY!



EVERYONE
KNOWS WE CAN
USE THE
SAVINGS



ESPECIALLY
WHEN YOU ARE
EXPECTING A
SUDDEN SURPRISE



MY SECOND
BABY ARRIVED
STRONG AND
HEALTHY



ERENDIRA,
WARRIOR WOMAN
OF HER PEOPLE,
HAD AN APPETITE



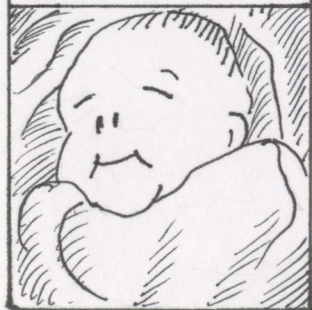
THAT LASTED
FOR FIVE YEARS



SIX YEARS LATER
ALARII
EMANUEL WAS
BORN AT HOME



HIS NAME MEANT
NOBLE MAN WITH
THE GRACE OF
GOD



BORN WITH A
FULL HEAD OF
HAIR AND A
LOVING FAMILY



THEY SUPPORTED
MY BREAST
FEEDING JOURNEY
TILL THIS DAY



IT IS IMPORTANT TO KNOW HOW STRONG MAMAS ARE. IT IS NOT JUST BECAUSE THEY GIVE BIRTH, BUT THEY KEEP GIVING



THEY NURTURE DEEP MATRILINEAR LINEAGES THROUGH BREASTFEEDING



EVEN WHEN IT GETS REALLY HARD



THE MEDICAL PROFESSION NEEDS TO SEE THE VALUE OF EMPATHETIC LACTATION NURSES AND DOULAS



DOULAS SUPPORT MOMMAS THROUGH THEIR DOUBTS, FEAR AND INSECURITY



THEY DO NOT JUDGE OR ASSUME WE WILL GIVE UP BECAUSE IT'S HARD



EVEN IF IT SEEMS LIKE WE WANT TO



TOGETHER WE CAN BREAK CYCLES OF TRAUMA AND DISEMPOWERMENT! OUR FUTURE DEPENDS ON IT!

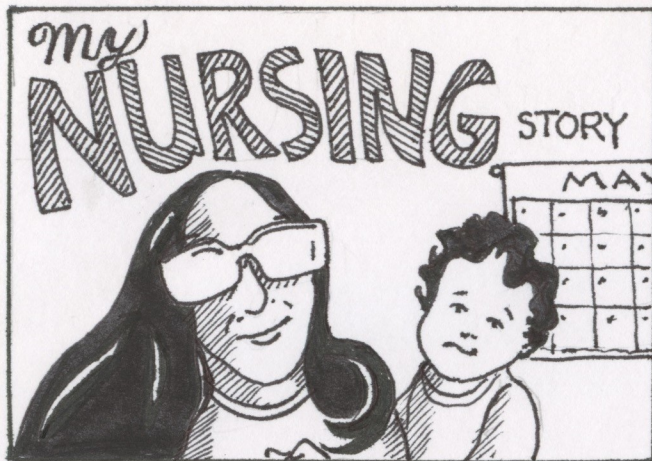


Nadezhda Garza, Community Expert

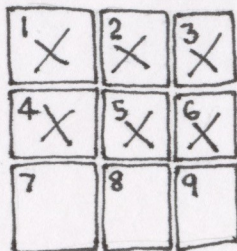


Nadezhda is mother to her son and four bonus children. She celebrates her Esto'k Gna heritage through learning more about her family history and the history of Indigenous Peoples before colonization. She is learning more about her connection to Somi Se'k, Esto'k Gna ancestral territory, and sacred sites. She is the proud daughter of migrant farmworkers who were

activists in el Movimiento Chicano in Texas. Raised in a colonia in South Texas, she knows first-hand of the economic and health disparities in one of the poorest and underserved regions in the nation. Nadezhda sees nursing as a way to feed and nurture her baby, while combating these disparities and reclaiming cultural traditions. She would like to see more culturally and linguistically competent systemic support and sustainable resources for chest feeding Black, Indigenous, and other parents of color, as well as the creation of policy changes that support chestfeeding by celebrating inter-generational wisdom.



I WAS IN THE
LAST TRIMESTER
WHEN THE
PANDEMIC HIT



EVERYTHING SHUT
DOWN IN MARCH,
MY BABY WAS
BORN IN MAY.



I FELT ISOLATED,
EVERYTHING WAS
TOPSY TURVY, I
FELT ALONE.



AT THE HOSPITAL,
I WAS TOLD THAT
MY BABY WAS
JAUNDICED.



I WASN'T SURE
WHAT THAT MEANT,
WAS IT SERIOUS
OR NOT?



I HEARD A NURSE
SAY, "SHE'S NOT
FEEDING THE BABY."
WHERE ARE THE
SUPPORTS FOR MOMS?



WHEN THEY LEFT
THE ROOM I
SHOWERED AND
CHANGED, I FELT
HUMAN AGAIN.



THE NURSE CAME BACK IN. I CRIED. I WANTED SOMEONE TO HELP ME.



DO YOU WANT YOUR MOM HERE? MY MOM? WHY? NO, NOT IN THIS PANDEMIC.



EVENTUALLY THEY FOUND A LACTATION SPECIALIST. WHO WAS HERSELF OVERWHELMED.



SHE TOLD ME ABOUT SNS-SUPPLEMENTARY NURSING SYSTEM.



I'M LARGE CHESTED. I DID NOT WANT TO SMOTHER MY BABY



I WAS EXPECTING AN ALL-NATURAL EXPERIENCE. BUT IT WAS ALL TUBES.



IT FELT ALIEN. I WASN'T SURE IF I WAS DOING IT RIGHT.



I WAS HOPING TO BOND WITH MY BABY, BUT IT WAS NOT LIKE THAT.



FINALLY, I GOT HOME. MY SISTER WAS THERE TO HELP.



MY HUSBAND
WAS AFRAID THE
BABY WASN'T GETTING
ENOUGH FOOD.



WE GOT INTO
ARGUMENTS.



HE HAD FOUR OTHER
CHILDREN. THEY
HAD ALL BEEN
FED FORMULA.



WITH FORMULA
HE COULD DO
SOME OF THE
FEEDING.



BREASTFEEDING
PUTS THE MOTHER-
CHILD RELATIONSHIP
RIGHT IN THE CENTER.



HE EVENTUALLY
SAID, "THIS ISN'T
WORKING. HOW
CAN I HELP?"



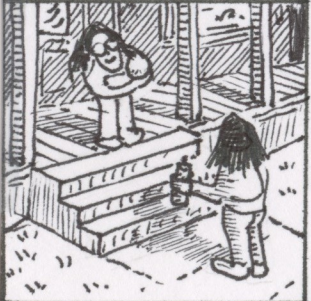
THAT WAS A
MOMENT. I
NEEDED HIM TO
HELP ME.



THE CHANGE IN
HOW WE SAW
OUR ROLES REALLY
HELPED US.



... MEANWHILE
MY SISTER
ENCOURAGED ME
"STAY WITH IT."



ON THE THIRD
DAY, MY MILK
CAME IN. I WOKE
UP SOAKED!



WE PULLED THE
SNS TUBES OFF.
I COULD HEAR
HIM SUCKLING.



MY BABY HAD
LATCHED ON. I
WAS SO HAPPY
NOW!



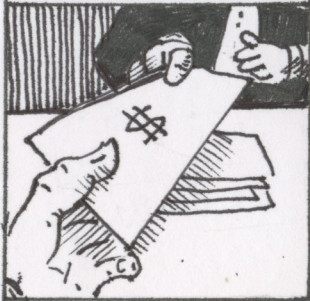
I HAD BEEN REALLY
SCARED. ALL THE
SUPPORT JUST
WASN'T THERE.



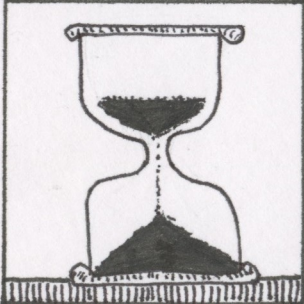
SOMETHING IS
WRONG WITH THE
SYSTEM. PARENTS
AREN'T SUPPORTED.



I LOST MY JOB,
AND THE MATERNITY
SUPPORT I GOT WAS
BETTER THAN MY PAY.



I HAD MORE TIME
WITH MY BABY.
WE SAY WE
SUPPORT FAMILIES



BUT WE ARE
NOT VALUED.



WE NEED TO
REDUCE STRESS
FOR PARENTS,
NOT INCREASE IT!



Shaquirra Anderson, Community Expert



Shaquirra is a Black, African American mother of five beautiful children. Upon her fifth pregnancy, she began to research more regarding the history of Black women and breastfeeding in the United States and was impacted by the role that slavery played in exploiting Black women and creating barriers to breastfeeding their

own children and continuing its impact into our present day reality. Inspired by the resilience of her ancestors, Shaquirra is committed to breastfeeding, producing, and providing her milk to her baby, in spite of any systemic obstacles that arise. With the support of her family, she shares her story to break through the cycle of generational and historic trauma that Black mothers face. Shaquirra would like to see systemic change, more support and resources for Black parents, and other parents of color, on their breastfeeding journey.



I AM A MOTHER
OF FIVE —
LEE'MAREA WAS
MY FIFTH CHILD.



HE WOULD NOT
LATCH WHEN I
TRIED TO
BREASTFEED.



I HESITATED TO
BREASTFEED AND
DID NOT BREAST-
FEED MY FIRST FOUR.



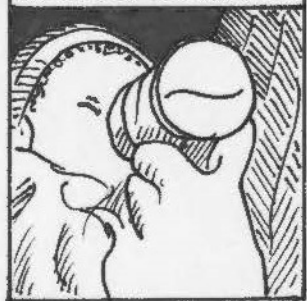
AT THE HOSPITAL,
THEY GIVE YOU
FORMULA.



THERE WAS NO
TEACHING ON HOW
TO HAVE MY CHILD
LATCH ON.



WHEN LEE'MAREA
WAS FIRST BORN,
THEY EVEN GAVE
HIM FORMULA
WITHOUT ASKING ME!



THEY JUST
ASSUMED I
WOULD USE
FORMULA.



I STUDIED UP ON
THE HISTORY OF
BREASTFEEDING
WITH AFRICAN
AMERICAN'S.



I LEARNED THAT
DURING SLAVERY,
MANY OF US WERE
FORCED TO FEED
OUR BREAST MILK
TO BABIES OF
WHITE SLAVE OWNERS.



OUR BABIES DIED
OR WERE
MALNOURISHED
BECAUSE THEY
WERE NOT
BREAST FED.



KNOWING THIS
HISTORY I ASKED
MYSELF, WHY
WOULDN'T I USE
MY MILK?



WHY NOT TAKE
THAT OPPORTUNITY
THAT OUR ANCESTORS
WERE NOT GIVEN?



ALSO, STUDIES SHOW
THAT CHILDREN WHO
ARE BREAST FED ARE
SMARTER AND
HEALTHIER.



I WAS DETERMINED
TO BREAST FEED
LEEMAREA!



BUT... HE
WOULDN'T
LATCH!



AND I COULDN'T
PUMP—I COULD
NEVER GET THE
PROCESS DOWN.



I DID NOT WANT
TO USE FORMULA.
NOT SURE, BUT I
HEARD IT MESSSES
UP THEIR STOMACH.



WHAT DO I DO?
I TURNED TO
HEALTH
PROFESSIONALS.



BUT MY DOCTOR
WAS RUSHED AND
NOT SUPPORTIVE.
HE DID NOT EDUCATE
ME ON THE BENEFITS.



EVEN AT THE WIC
THEY ASSUMED
FORMULA.



IS ADDING WATER
AND SCOOPS TO A
BOTTLE EASIER
THAN TEACHING ME
HOW TO USE A PUMP?



BUT MY FAMILY
DID SUPPORT ME.
MY OLDER BROTHER'S
WIFE WAS
BREASTFEEDING.



HE ENCOURAGED
ME TO CONTINUE,
EVEN THOUGH I
WANTED TO STOP.



AND... I FOUND A
NEW DOCTOR WHO
WAS MORE
SUPPORTIVE.



I JUST KEPT
TRYING AND
EVENTUALLY
LEE'MAREA LATCHED!



I WAS SO EXCITED.
AND AS HE GREW,
I BECAME MORE
AND MORE EXCITED.



I EVENTUALLY
STARTED FIGURING
OUT THE PUMP.



DON'T GET
DISCOURAGED.
KEEP TRYING
UNTIL IT BECOMES
SECOND HAND



EDUCATE YOURSELF
ON THE BENEFITS
AND HISTORY OF
BREASTFEEDING.



WHEN I WAS
EDUCATED, I
THOUGHT DIFFERENT
AND WAS
MOTIVATED TO ACT.



LEE'MAREA
DESERVES THE
BENEFITS.



MY CHILDREN
WERE VERY CURIOUS
SO I EDUCATED
THEM TOO.



WE ARE ALL
WORTH IT!



Danielle Bernal, Community Expert



Danielle Bernal celebrates her Mexican roots, culture, and heritage. She is 32 years old and a mother of 6 beautiful children, three girls and three boys. Her personal breastfeeding journey started when she was 17 years old with the wisdom, support and encouragement of her grandmother and her mother. She continued to breastfeed all of her children and believes that breastmilk was the

most natural way to go, being that it is great for the immune system. She believes breast milk and breast feeding is the healthiest option for her babies. Support in the hospitals and especially in the NICU for parents wanting to breastfeed, as well as interactive and personalized one on one education and teaching models, and more frequent check ins with parents is important to her. She wants to see more lactation areas/rooms in public places and in privately owned places frequented by the public, such as grocery stores. Overall, she advocates for more safe spaces to breastfeed in public, better culturally informed and linguistically diverse education for all literacy levels, in order to normalize breastfeeding in public and make it safer for parents to do so.

Passing on my Gram's Wisdom



ON APRIL 26,
1990, I WAS
BORN.



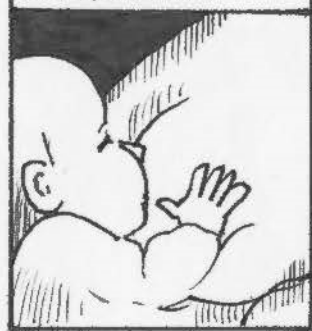
MY GRAMS
INTRODUCED MY
MOM TO BREAST-
FEEDING WITH
MY OLDER SIBLINGS.



...AND THEN, MY MOM
BREASTFED ME
AS WELL.



LE DAS PECHO
A LA NIÑA, ES
NATURAL.



YEARS PASSED
AND I SAW MY
GRAMS BREAST-
FEED MY UNCLE
TILL THE AGE OF
ABOUT 6 YEARS OLD.



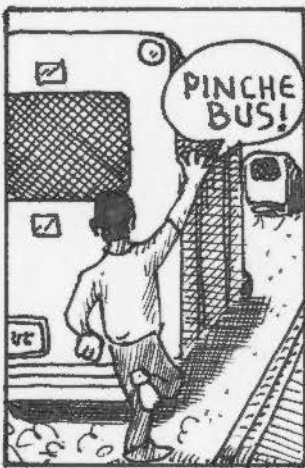
MY SISTER HAD
HER FIRST KID
AT THE AGE OF
15 AND BREAST-
FED MY NIECE.



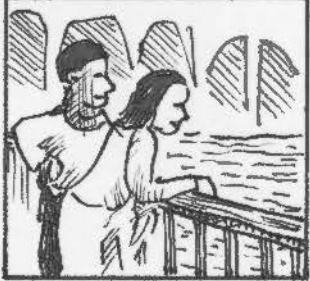
THROUGH THE
YEARS I'VE
KNOWN THAT
BREASTFEEDING
IS THE MOST
NATURAL MILK
THERE IS.



I MET MY HUSBAND AT THE AGE OF 16 AT A BUS STOP. LOL!!!



WE STARTED HANGING OUT AND I HAVE NEVER LEFT HIS SIDE SINCE.



AT THE AGE OF 17 I HAD MY FIRST CHILD, A BABY GIRL NAMED LONDON.



SHE IS MY WORLD.



SHE'S MY FIRST CHILD THAT I BEGAN TO BREASTFEED.



I WOULD BREASTFEED AND ALTERNATE BETWEEN FORMULA AND BREAST MILK.



I DIDN'T KNOW ABOUT PUMPING WHEN I HAD STARTED WORKING.



I LOVE MY DAUGHTER WITH ALL MY HEART.



I WOULD DO ANYTHING TO MAKE SURE SHE WAS ALWAYS TAKEN CARE OF.



I'VE HAD THE BLESSING OF HAVING THREE BOYS AFTER MY DAUGHTER.



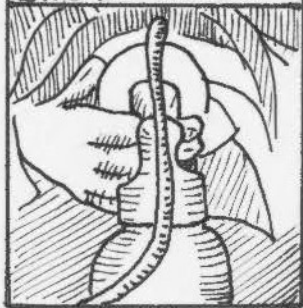
I ALSO BREAST-FED THEM AND THEN EVENTUALLY GAVE THEM FORMULA



2017 IS WHEN MY ANIANA WAS BORN.



THAT'S WHEN I FOUND OUT ABOUT PUMPING BREAST MILK.



LEAVE ME ALONE!



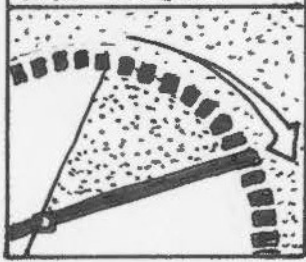
I CONTINUE MY BREASTFEEDING JOURNEY AND PUMPING AS WELL



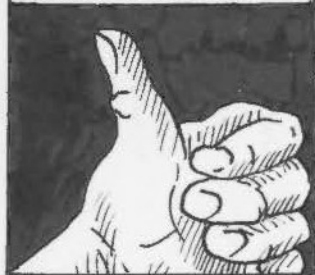
YEARS PASSED AND IN 2021 I HAD ANDREA, MY GORDIS.



I HAVE HAD THE BLESSING OF BREASTFEEDING AND PUMPING THROUGHOUT THE YEARS.



I WOULD'VE LIKED TO HAVE BREASTFED MORE, BUT I DID THE BEST I COULD.



I KNOW ANY LITTLE BIT COUNTS.



MY MILK HELPS TO FIGHT ILLNESS AND TO FEED MY BABY.



I'M GLAD TO HAVE FOUND THE SUPPORT GROUP THAT I'M IN.



I WANT PEOPLE TO KNOW ABOUT THE EXPERIENCE THAT I WENT THROUGH.



... LEARNING ABOUT BREAST-FEEDING, BREAST MILK, AND PUMPING FROM THE WISDOM OF MY GRAMS.



I MAY NOT HAVE MUCH TO SHARE BUT WHAT I DO KNOW, I SHARE.



I FEEL LIKE I AM NOW PASSING ON THAT WISDOM.



THANK YOU, HEALTHY NEIGHBORHOODS, AND UIW PHOTOVOICE PROJECT.



Reflection questions

Reaction

What did you feel or think when you read these stories?

Your experience

What significant moments or stories come to mind when you think about your breastfeeding / chestfeeding or parenting journey?

Barriers

What barriers to breastfeeding / chestfeeding or parenting have you experienced? What barriers exist in your community?

Reflection questions

Support

What sources of support in your life could help you in your breastfeeding / chestfeeding or parenting journey?

Culture and intergenerational knowledge

What is the cultural or ancestral importance of breastfeeding / chestfeeding in your culture? What intergenerational knowledge was passed on to you about pregnancy, breastfeeding / chestfeeding, or parenting?

Reflection questions

Supporting social change

How can organizations in your community provide more culturally appropriate support to Black, Indigenous, and People of Color (BIPOC) parents? How could you be part of this social change?

Take action!

How can you use this cartoon zine to talk to others about breastfeeding / chestfeeding?

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Sembrando Amor