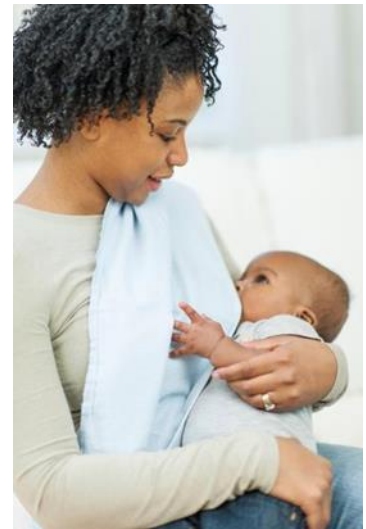


## THE ROOTS OF RACIAL INEQUITIES IN BREASTFEEDING: SUPPORTING BLACK PEOPLE WHO BREASTFEED THROUGH CULTURALLY RELEVANT CARE AND SELF-REFLECTION

The American Academy of Pediatrics recommends that all babies are breastfed for at least one year, with exclusive breastfeeding for the first six months of life. Research suggests that breastfeeding has lifelong health benefits. It aids in mother-child bonding and helps establish secure infant-mother attachment, which has long-term implications for health and social-emotional development. Breastfeeding also protects infants against infections, obesity, diabetes and asthma. Pediatric providers play a critical role in promoting and supporting breastfeeding.

This module explains historical and present-day individual and systemic barriers to breastfeeding, identifying examples of bias in patient care, and understanding the impact of bias on the patient and patient-provider relationship. It describes how to foster a patient-provider relationship that is supportive of Black individuals and the families of Black individuals who breastfeed, strategizing about how to do this in one's own practice. Finally, the module identifies at least three ways a provider can implement the concepts from this session to address racism in breastfeeding care for Black families on an individual and/or systems level.



### Practices receive:

- CME credit(s)
- Breakfast or lunch for all participating team members

The module is free and can be presented in person or virtually.

Learn more about [Educating Practices](#) or contact the [Educating Practices team](#) to schedule a training session.