

# Rallying Around Sisters

REDEFINING & STRENGTHENING  
THE VILLAGE

## RESOURCES FOR YOUR BIRTHING EXPERIENCE

CALL US (951) 210-1385



1ST

### Trimester



**Invest** in your physical and mental health with daily movement, hydration, balanced diet, journaling and therapy.

**Invite** the father/support person in to the experience and share how he can support you and baby.

**Create** your birthing experience. Your birth team may have an ob/gyn, midwife, doula and your personal village.

**Know** your options in paying for expenses. Requests 'doula funds' as a shower gift, speak with your insurance provider of your benefits and utilize HSA funds. Consider a free doula through utilizing Medi-Cal benefits. Doulas can be requested through your health care plan.

**Create** a birth plan with your village and birth educator. Childbirth courses are helpful in understanding medical terms and teaching your partner advocacy tactics.

2ND - 3RD

### Trimester



**Breastfeeding** is an excellent way to feed and bond with your baby and has benefits for you too (you burn 500 calories each feeding)!

**Prioritize** postpartum physical and mental care through scheduling breaks, hygiene routines and light movement.

**Rest** is one of the best ways to recover. Schedule time with your village for rest, recovery and support of the baby.

### Postpartum



97.4% OF PARTICIPANTS SAID THE PROGRAM HELP THEM SET GOALS



97.8% SAID BIH STAFF HELPED PARTICIPANTS BECOME EMPOWERED

Source: <https://www.cdph.ca.gov>



99.2% SAID THEY WOULD REFER A FRIEND TO BIH



MORE INFO >

[RUHEALTH.ORG/PUBLIC-HEALTH/BLACK-INFANT-HEALTH](https://RUHEALTH.ORG/PUBLIC-HEALTH/BLACK-INFANT-HEALTH)

How Can a Village  
Rally Around

# HER?

**Believe** HER the first time and take action.

**Respect** HER wishes. It is HER birth, HER right, and HER choice.

**Ensure** she has a support person every step of the way.