

Rallying around Sisters

REDEFINING & STRENGTHENING THE VILLAGE



Before Pregnancy



Engage in healthy lifestyle choices.

Increase servings of fruits and vegetables, do not consume alcohol, smoke, or use drugs. Get existing chronic conditions like high blood pressure and diabetes under control.



Take a daily multivitamin with 400 mcg of folic acid.

Folic acid is a B vitamin that helps prevent serious heart and brain birth defects.



Consider the type of birthing experience you want.

Identify people in your village that would be of support to you during this experience. This can look like researching the doctor you want to deliver your child and identifying trusted individuals to support you during your pregnancy, birth, and postpartum care.

During Pregnancy

KNOW THE
signs of
PRETERM LABOR



Constant low,
dull backache



Menstrual-like
cramps



before 37 weeks pregnancy

Vaginal discharge
mucous, watery or blood



severe
headaches



swelling in hands,
legs and face



sudden weight gain
sudden changes in vision

KNOW THE
signs of
PREECLAMPSIA

Partners and family can be involved.

Supported mothers are more likely to experience a healthy pregnancy when the partner is fully present and involved.



Create a birth plan, take a birthing class and tour the hospital and or birth center.

Consider a Doula -

a trained professional who provides continuous support to a mother before, during, and shortly after childbirth.



Talk to your doctor and or midwife about any pregnancy symptoms that concern you.

After Pregnancy



Understand that Black women get depression too.

In a study, 43.9% of the Black women who gave birth identified with experiencing depression. Depression looks different in people. A significant increase in irritability is often a sign of depression.



Be well and take care through support

Lean on your village (family, sisters, and medical providers) to help you settle into parenthood.



Practice stress-reducing activities

Deep breathing, listening to music, yoga, journaling, or talking to a trusted loved one.

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.

Call us
(951) 210-1385

Riverside
University
HEALTH SYSTEM
Public Health

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