

# Top 5 Tips

for Celebrating and Empowering  
Your Pregnancy Journey



## 1 CELEBRATE YOUR PREGNANCY!

Yes, it's true that Black women have an increased risk for adverse maternal outcomes, and this world can be scary for our babies — but we are determined to change the narrative. It's simply not true that we aren't capable of having a normal pregnancy outcome. Find a team that can support, value, honor, affirm and celebrate all that makes you uniquely you. Visualize your normal, healthy, respectful, honored and just pregnancy journey. The Joy of Motherhood can be ours, too!

## 2 CHOOSE YOUR TRIBE.

If you are not receiving respectful healthcare – if you are not being seen and heard – check out some of our resources to find a physician, birth worker, doula or midwife committed to seeing and hearing you. It's okay to change providers, Sis! You don't need additional stress, so go where you are wanted. And when you are done finding the best health care provider for you, don't forget to find girlfriends to celebrate, encourage and hold your hand along the way! Take a moment to check out several resources and online support groups celebrating motherhood through the lens of Black Women. You my friend are not alone!

## 3 YOU ARE A PARTNER IN YOUR CARE (AND YOU ARE THE CEO OF YOUR BODY).

Request the information you need to make informed decisions. You are more than capable of making decisions about your healthcare, you just need complete information. Let your medical team know when their words or actions are offensive or dismissive and remind them that you have the right to receive basic and affordable healthcare.

## 4 IF YOU ARE IN PAIN, INSIST ON ADEQUATE ASSESSMENTS AND TREATMENTS.

You deserve respectful care that includes appropriate pain management. When dismissed, keep asking until you find your ally and your advocate. This may be one of several people including a nurse, another provider, a social worker or patient services.

## 5 TAKE A MOMENT TO EXHALE, RELAX, RESTORE AND RENEW.

This is a must – doctor's orders! It's hard to remember to take a break when you're busy being Superwoman and showcasing your Black Girl Magic 24/7, but Sis we are human, and non-stop activity can be harmful for both you and your baby. You have my permission to take a break – in fact I insist!