CULTURE, TRAUMA AND BREASTFEEDING

How it is all connected

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WHAT IS TRAUMA?

- A deeply distressing or disturbing experience
  - Trauma is relative
- Intergenerational Trauma-
  the transmission of
  historical oppression and
  its negative consequences
  across generations
  - First documented in
    Holocaust survivors
  - Documented in other
    communities as well
Cortisol is one of our primary stress hormones
- What happens when faced with a stressful event?
- With PTSD rather than return to normal those levels crash
- This is then imprinted on the DNA
- Why would we pass this on to our children?
  - Is there a benefit?
- 9/11 Study
- Trauma has a deep connection to physical illness
- This is a soul wound
- Resilience can also be “switched on” by a traumatic event

Unnatural Causes (PBS)
- Looked at African American mothers
- Higher infant mortality rates
- When we control for SES, education, etc. Black babies are still at risk in their mother’s womb
- African immigrants
  - All it takes is one generation
A STORY ABOUT A TWO MOTHERS IN SEATTLE

Grandmother Jumoke

Baby Yola
Mama Nadiri

Grandmother Jumoke
HOW DOES THIS RELATE TO HUMANS?

- Seeing mothering, seeing affection, seeing breastfeeding matters
  - Camie’s family herstory
    - Great Great Grandmother
    - Great Grandmother
    - Grandmother
    - Mother
    - Arizona and Ohio Zoo
  - We can reclaim, relearn and re-integrate these practices

BREASTFEEDING HEALS

- Oxytocin
- Connection
- Power
- Independence

- Breastfeeding is a “weapon of mass construction”.
ALL MOMS WANT THE SAME THING

- Desire to feel they are good moms
- Having a strong family
- Wanting her child to like/love her
- Making her children happy
- Feeling successful

CARING FOR THESE FAMILIES

- How much does the trauma actually matter?

- Which brings us to us.
  - “People will forget what you said. They may forget what you did. But they will never forget how you made them feel.”

- It is important that families feel secure with us.
  - Security is trust in the possibility of goodness and that even when bad things happen good things follow.
  - “I am here and you are worth it.”

- Healing is transmitted
BOBBY HUGGINS

This is the image most people have
Of Bobby Huggins
THANK YOU!

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