Achieving Health Equity Through Breastfeeding

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Mission

To educate, equip, and empower men to impact an increase in breastfeeding rates and decrease infant mortality rates by advocating for safe sleep in the African American community.
We do this by providing Awareness that these disparities exist and that Black men have a powerful and unique ability to influence, protect, encourage and Support the women in their lives who choose to breastfeed and then to be successful in meeting their breastfeeding goals.
Don't judge me for the choices I make when you don't know the options I had to choose from.
Not your mom? Not your milk.

Cow’s milk is for calves.

Sheep’s milk is for lambs.

Goat’s milk is for kids.

Human milk is for humans.
Men
Breastfeeding
Attitude
EDUCATE

EMPOWER

EQUIP
New Orleans – ROBE Panel
EDUCATE
Miami – ROBE Wisdom Counsel
EQUIP
Family Connection Vital
Showing how father can calm a baby effectively
Inventory of Resources
Brainstorming about Black men concerns and resources
Breastfeeding Matters

EDUCATE

My Gift
My Love

Learn Your Baby
Strengthen Your Bond

My Training materials
My Teaching Points

My Home
My Team
My Community

EMPOWER

My Breastfeeding toolkit
Components

Flexible Training Options
Online Modules
Visual Presentations
Train the trainer

Bond Forever
Fathers
Our Motto

Don’t worry! I got your back!
Sharing is Essential
Anticipatory Guidance
Making the decision to breastfeed (YouTube link): Moms explain why breastfeeding was such a natural choice.

Secrets to breastfeeding success (YouTube link): Steps and strategies to help soon-to-be moms.

The benefits of breastfeeding (YouTube link): Unique ways that breastmilk can impact a child's health.

Breastfeeding 411 (YouTube link): Resources, people, and places women can turn to for breastfeeding support and information.

What breastfeeding means to me (YouTube link): Moms share what's behind the one-of-a-kind bond that breastfeeding brings.

Staying healthy and eating well (YouTube link): Foods to eat while breastfeeding.

Overcoming breastfeeding challenges (YouTube link): How to work through the learning challenges of breastfeeding.

Dealing with lack of family support (YouTube link): Moms share how they handled negative or unhelpful comments about breastfeeding.

Is my baby getting enough milk? (YouTube link): A pediatrician answers new moms' most common questions.

Breastfeeding in one word (YouTube link): Moms share what breastfeeding means to them.

Uncovering breastfeeding misconceptions (YouTube link): Find out how moms got past the tall tales about breastfeeding commonly told in their communities.

Building a breastfeeding support network (YouTube link): Moms reveal how help and encouragement from others empowered them to breastfeed.

Daddy duty (YouTube link): Breastfeeding isn't a "moms only" gig. There are many meaningful ways dad can be there for mom and baby during nursing.

Breastfeeding as a single mom (YouTube link): Single moms share their stories of support.

Breastfeeding and back to work (YouTube link): See how other women planned for their return to work and made arrangements with their employers.

Handling stress (YouTube link): Women share what helped them ease into their new role as a mom.
Thank you