

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



HOW IS TRAUMA PASSED TO THE NEXT GENERATION?

- 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

INFANT MORTALITY RATES

- 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



Baby Yola
Mama Nadiri



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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