

African American Alliance for Homeownership

Presents the 21st Annual

Homeownership Fair

Saturday, October 26, 2019

10am - 3pm

Legacy Emanuel Hospital Atrium

501 N. Graham St., Portland 97227

Special Performance & Guest Speaker

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Healthy Moms and Babies

CONTINUED FROM PAGE 3

mother breastfeeding and help her solve any problems, she said.

"We are trying to assess if the mom is having difficulty, has she breastfed before and what are her challenges?" she said. "We take an in depth history and ask about actual challenges the mom is having, then observe the actual feeding."

There are many reasons a mother can have trouble breastfeeding, she said.

"It's like a puzzle. You have the baby, the physical structure of the mom and the anatomy of the baby's mouth," she said. Sometimes a baby can be tongue-tied, she said, or there can be complications from infections, and many other problems that a lactation consultant can help solve.

Breastfeeding gives a baby better immune defenses, causes less stomach upset than formula, helps the mother's body heal faster, and even helps the child's IQ, among other advantages. Anyone interested in learning how to get involved in the Sacred Roots program can call Bryant-Daaka 503-430-9072.

Formed in 2006, it was through Black Parent Initiative's work in helping black families achieve financial, educational and spiritual success, that they discovered that there is a community need for more support with breastfeeding for black mothers and families.

"Breastfeeding benefits all of us now and into the future," Bryant-Daaka said. "We, the African-American and African immigrant community, have a lower breastfeeding rate among our people and also we know the benefits are far-reaching for the mother and the child."

One reason for the low rate of breastfeeding among blacks is lack of information, Bryant-Daaka said, and in the past there have

been very few African-American lactation consultants, sometimes leading to cultural missteps.

"A lot of times they have negative experiences, and a lot of times a lactation consultant is not a racial match," she said. That can lead to misunderstandings, she said. For example, many black women prefer several minutes of conversation before letting a health care provider touch their breasts.

"There's a cultural lack of understanding that is preventing moms from utilizing these services," she said.

Keara Rodela of the county's REACH program said the Sacred Roots program will help ensure family support for breastfeeding moms.

"Successful breastfeeding can happen when families have the support they need from everyone around them, including health care providers," she said.

"We want to look at how we can support moms with lactation support between the hospital and the community," she said. "They might get support in the hospital, but not always when they get home. We want to see how we can make a better connection between the hospital and when they get home."

Getting the program off the ground is phase one of the pilot project, Rodela said, and will lead to phase two.

"In phase two, one of the things we will look at is policy, with information and data we hope to collect from the pilot project and also with focuses on lactation professionals with moms and dads and what support looks like for them."

After making assessments, the program will be tweaked and policies set in place, she said.

"Our ultimate goal is to increase lactation and access to lactation consultants for black moms."



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