

How to have a positive breastfeeding journey as a Black parent

There's no wrong way to feed your baby—whether you choose formula-feeding, breastfeeding, or a combination. But, the truth is, breastfeeding can be really hard. This can be especially true for Black parents, as they have to deal with the common physical obstacles to breastfeeding, as well as institutional barriers and the traumatic racial history of breastfeeding. Read on for tips to have a better breastfeeding journey as a Black parent.



Tips for a more positive breastfeeding experience

01

Find a supportive community—whether it's in person or online.

02

Seek out providers that share a background or community with you. You can request empathetic and experienced providers like this on Maven today.

03

Talk to your friends and family about how they can help with baby care and offer you words of encouragement.

04

Advocate for your own breastfeeding journey and ask medical providers not to give your baby other food or formula unless medically necessary.

05

If you have a partner, give them a space to talk and process their feelings.

Visit mavenclinic.com/join/pediatrics or scan the QR code to join for free

Maven can help you on your breastfeeding journey

Maven is here to help with the care and support you need, when you need it (yep, even at 2am). Get access to on-demand and unlimited coaching and education with lactation consultants who can support you to reach your goals.



“ For Black women, one of the best things they can do is be around people who have had positive experiences breastfeeding.

MAVEN LACTATION CONSULTANT L.C. DE SHAY