

Black Women Breastfeed Too: Past, Present, and Future

Featuring Shamiesha Ebhotemen, RN, CLES



A Free Webinar In Recognition of Black History Month

**Register
Now**

Thursday, February 17th
10:00 AM to 12:30 PM PST

<https://conta.cc/31OmTR6>

Suggested donation of \$10

 **BreastfeedLA**

<https://www.breastfeedla.org>



HERstory, Inc

DESCRIPTION

Black mothers and infants living in the United States are disproportionately at risk from poorer health outcomes including reduced breastfeeding success. Historical practices rooted in racism have contributed to traumatic associations with breastfeeding.

In order to truly undo the lasting impacts, we must dismantle current structures that do not recognize these factors nor allow space for healing. This presentation will provide the historical context for understanding current struggles faced by Black communities in relation to breastfeeding and will offer strategies and resources to support the needs of growing families today.

OBJECTIVES

During this presentation, participants will:

1. Explain how historical experiences of Black women in the United States have contributed to trauma associated with breastfeeding.
2. Describe how historical trauma associated with reproduction and breastfeeding has impacted breastfeeding in Black communities today.
3. List 3 myths about Black women as it relates to parenting and motherhood.
4. List 3 strategies that are essential to promoting and supporting lactating mothers in the Black community.

AGENDA

10:00am - 11:10am

A look at the history breastfeeding in Black communities, and the lingering impacts on today's rates

11:10pm - 11:25am

Break

11:25am - 12:05pm:

Strategies and resources to support the needs of growing families today.

12:05pm- 12:30pm

Q&A

SPEAKER

Shamiesha Ebhotemen is a Registered Nurse and Lactation Education Specialist with 10 years of nursing experience in Pediatrics, Adult Cardiology, Nursing Education, and Community Health. She has spent more than 8 of those years as a travel nurse, which has given her the knowledge and skill set to interact with people from all walks of life. She currently resides in Anaheim, CA with her husband and 4-year-old daughter. She is the founder of NURSEMilk and HERstory.



CONTINUING EDUCATION

RN: BreastfeedLA is an approved provider by the California Board of Registered Nursing. This course offers **2 contact hours** of continuing education. BreastfeedLA's provider number is CEP 16435. Licensee must maintain certificate for a period of four years.

IBCLC: BreastfeedLA is an approved Long-Term Provider by the International Board of Lactation Consultant Examiners #CLT113-36. **1.5 E-CERPs** will be awarded.

RDs & OTs: Maintain a copy of the agenda and certificate for CPEs for Professional Development Portfolio



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