

2021

CORE COHORT REPORT



mibreastfeeding.org/core-cohort

ABOUT

ABOUT THE CORE COHORT

This cohort is currently composed of 12 Black and Indigenous breastfeeding supporters and organizations who have chosen collaboration over competition. We were initially awarded mini-grants through MDHHS and Michigan Breastfeeding Network to advance our work, centering Black and Indigenous families in the reclamation and restoration of traditional birth and breast/bodyfeeding practices that have sustained our families for centuries. Our work is initially focused in the areas of COVID-19, young mothers and fathers, and child care. We work collaboratively in sisterhood (not cis-terhood) to network, incubate, take action, and achieve outcomes in solidarity with the families in our communities.

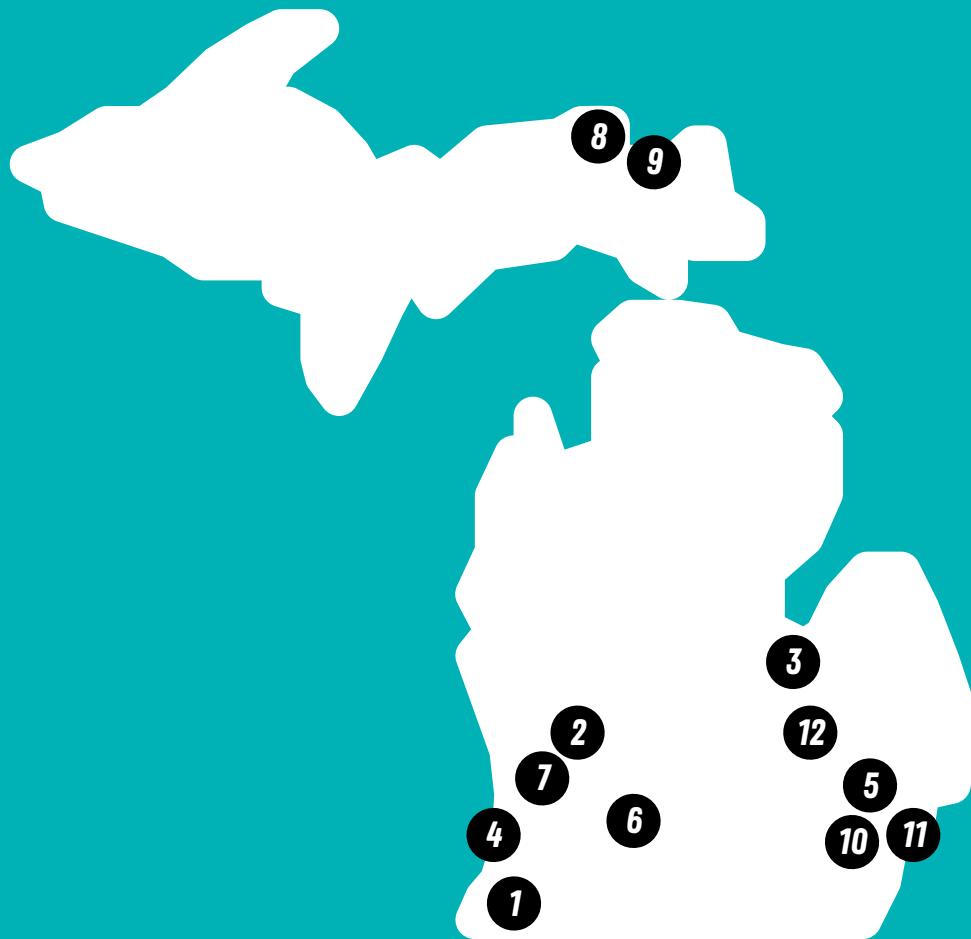
DID YOU KNOW?

CORE Cohort is an acronym for COVID-19 Racial Equity Cohort.

"WE STRIVE TO MAKE LIFE BE WHAT IT IS SUPPOSED TO BE. WE CAN'T CREATE A PERFECT WORLD, BUT WE STRIVE TO GET CLOSE TO IT, FOR OUR MOMS AND BABIES."

Rickeshia Williams, CLS, CLC, BD, Milk Like Mine





1 ***BIRTH QUEENS
AND MILK QUEENS***

2 ***BUMP TO BIRTH
DOULA SERVICES***

3 ***FULL CIRCLE
DOULA SERVICES***

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GROW***

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10 ***SAGE AND
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IBCLCS OF COLOR***

12 ***YOLO BIRTH AND
BREASTFEEDING SUPPORT***

CORE COHORT MEMBERS

BIRTH QUEENS AND MILK QUEENS

SERVICE AREA: Southwest Michigan and surrounding areas

HOW TO REACH US:

Email: birthqueensmilkqueens@gmail.com
Phone: (269)-861-6163 (call or text)
Facebook: Birth Queens and Milk Queens

BUMP TO BIRTH DOULA SERVICES

SERVICE AREA: Grand Rapids and surrounding areas

HOW TO REACH US:

Email: bumptobirthdoulagr@gmail.com
Website: bumptobirthdoulaservices.com
Phone: 616-202-6450 (call or text)
Instagram: @bumptobirthdoula
Facebook: Bump to Birth Doula Services
TikTok: @birthdoulakiara

"CENTERING BLACK FAMILIES IS IMPORTANT BECAUSE BIRTH AND BREASTFEEDING EDUCATION AND VILLAGE SUPPORT IS FOR US, BY US, AND FROM US. WE HAVE THE ANSWERS, WE JUST NEED THE RESOURCES. THERE ARE BLACK WOMEN WHO DESIRE BREASTFEEDING SUPPORT AND EDUCATION AND I KNOW HOW TO CONNECT WITH THEM AND WHERE TO FIND THEM!"

***-ANESHA STANLEY, CD, PCD, BD,
FULL CIRCLE DOULA SERVICES***



"BY ENCOURAGING BLACK AND BROWN MOTHERS TO BREASTFEED, WE ARE GIVING THEM BACK THE POWER THAT WAS STOLEN FROM THEIR ANCESTORS AND HELPING TO HEAL THEIR INTER GENERATIONAL TRAUMA. BREASTFEEDING IS AN ACT OF RECLAIMING OUR HERITAGE."
- BIANCA NASH-MIOT, CLC, BIRTH QUEENS AND MILK QUEENS



FULL CIRCLE DOULA SERVICES

SERVICE AREA: Saginaw and surrounding areas

HOW TO REACH US:

Email: keysofhopefoundation@gmail.com
Website: keysofhopefoundation.com
Phone: 989-341-3336 (call or text)
Facebook: Full Circle Doula Services, LLC
Instagram: @fullcircledoulallc

LACTPOWER

SERVICE AREA: Benton Harbor and surrounding areas

HOW TO REACH US:

Email: lactpower00@gmail.com
Phone: 269-325-0557
Facebook: LactPower
Youtube: youtube.com/channel/UCEDXbVMeTSUKLaNFHQ6oZQ

LEARN, LACTATE, GROW

SERVICE AREA: Pontiac and surrounding areas

Lactation Support Services, Doula Services, Safe Sleep Resource Center, Mental Health Support, Weekly Support Group meetings on Parenting, Mental Health and Early Childhood Education Support Group

HOW TO REACH US:

Email: learnlactategrow@gmail.com
Phone: 248-445-2017
Facebook: Learn Lactate Grow
Instagram: @learnlactategrow

CORE COHORT MEMBERS

MILK LIKE MINE

SERVICE AREA: Battle Creek and surrounding areas

Childbirth education, Doula services (Birthing Bellies Like Mine), Lactation services, Teen to young moms program (Y.E.E.M), Mom to mom breastfeeding club (Sistah to Sistah Breastfeeding Club), coming soon MLM Hispanic branch (Leche Como LA Mía)

HOW TO REACH US:

Email: milklikemine@gmail.com

Website: milklikemine.com

Phone: 269-280-2669

Address to Milk Like Mine's Community Birthing and Breastfeeding Services Center:
221 Roosevelt Ave E., Battle Creek, MI 49037

Facebook, Instagram, and Twitter:

@milklikemine

NIZHONI SOL BIRTHWORK

SERVICE AREA: Western and Northern Michigan

HOW TO REACH US:

Email: nizhoni.sol@gmail.com

Website: nizhonisol.com

Facebook: Nizhoni Sol

Instagram: @nizhoni.sol

PANORAMIC DOULA

SERVICE AREA: Sault Ste. Marie and surrounding areas

HOW TO REACH US:

Email: panoramicdoula@gmail.com

Website: [panoramicdoula.teachable.com/?](http://panoramicdoula.teachable.com/?ltclid=52abac54-2803-4d05-aa15-b7c32bb291d7)

ltclid=52abac54-2803-4d05-aa15-b7c32bb291d7

Instagram: @panoramicdoula

POSTPARTUM HEALING LODGE

SERVICE AREA: Chippewa County, Michigan (in-person); Globally (virtual)

Indigenous holistic birth work services and education

HOW TO REACH US:

Email: raeanne@postpartumhealinglodge.com

Website: postpartumhealinglodge.com

Facebook: Nourishing Nations

Instagram: @postpartumhealinglodge

Teachable:

postpartumhealinglodge.teachable.com

Venmo: RaeanneMadison

**"I HOPE TO INSPIRE OTHER BIPOC BIRTH WORKERS TO TAKE UP SPACE IN WHITEWASHED WELLNESS SPACES, AND RECLAIM AND MEND THEIR ANCESTRAL TRAUMAS THROUGH THIS WORK."
-MICAELA MCHENRY, FSD, SAGE AND REBOZOS**



SAGE AND REBOZOS

SERVICE AREA: Southeast Michigan

HOW TO REACH US:

Email: micaelathedoula@gmail.com

Website: sageandrebozos.com

Instagram: @bossa_novaaa

SOUTHEAST MICHIGAN IBCLCS OF COLOR

SERVICE AREA: Southeast Michigan

HOW TO REACH US:

Email: semichioc@gmail.com

Website: semiibclcofcolor.org

Phone: 947-999-9341 (call or text)

Facebook: SMIBCLCSofColor

Instagram: @semi_ibclc.oc

YOLO BIRTH AND BREASTFEEDING SUPPORT

SERVICE AREA: Flint and surrounding areas

HOW TO REACH US:

Email: success.yolobreastfeeding@gmail.com

Website: yolobreastfeeding.org

Phone: 810-213-0090

Facebook: YOLO Breastfeeding

Instagram: @yolo.breastfeeding

MINI-GRANTS AWARDED

COVID-19

Bump to Birth Doula Services
LactPower
Learn, Lactate, Grow
Milk Like Mine
Panoramic Doula
Southeast Michigan IBCLCs of Color

COVID-19 MINI-GRANT

Grant period: May 1-
September 30, 2021

Amount: \$5,833

YOUNG PARENTS

Bump to Birth Doula Services
Full Circle Doula Services
Learn, Lactate, Grow
Milk Like Mine
Postpartum Healing Lodge
Southeast Michigan IBCLCs of Color
YOLO

YOUNG PARENTS & SAFE SLEEP MINI-GRANT

Grant period: June 4-
September 30, 2021

Amount: \$10,000

PAY IT FORWARD

Nizhoní Sol Birthwork
Sage and Rebozos

PAY IT FORWARD SCHOLARSHIP

Grant period: June 10-
September 30, 2021

Amount: \$2,500

CHILD CARE

Birth Queens and Milk Queens
Learn, Lactate, Grow x 2

CHILD CARE MINI-GRANT

Grant period: July 8-
September 30, 2021

Amount: \$10,000

DID YOU KNOW?

CORE Cohort members met monthly to network, incubate, and cultivate sisterhood.

"SUPPORTING THE WHOLE FAMILY IS ESSENTIAL TO IMPROVING THE OVERALL GENERATIONAL HEALTH OF FAMILIES OF COLOR, EDUCATING AND EMPOWERING FATHERS TO FEEL CONFIDENT IN THEIR PARENTING ROLE WILL ALLOW THEIR PARTNERS TO FEEL SUPPORTED IN BIRTH, BREASTFEEDING, AND INFANT CARE."

Shonte' Terhune-Smith, BS, IBCLC, YOLO



"IT IS SUCH AN HONOR TO SERVE ALONGSIDE ALL OF THE MEMBERS OF THE CORE COHORT. THEY DEMONSTRATE SUCH PASSIONATE COMMITMENT TO CENTERING FAMILIES IN THEIR COMMUNITIES AND TAILORING HOW THE MINI-GRANTS WERE USED TO MEET THEIR COMMUNITIES' NEEDS. IT IS INSPIRING AND HUMBLING TO SEE THE WAYS THEY GO ABOVE AND BEYOND FOR FAMILIES."
-KAITLYN BOWEN, MS, RD, CLC, MIBFN COMMUNICATIONS AND DATA MANAGER



GROUP OUTCOMES

Met monthly as a whole group



NETWORKED, INCUBATED AND CULTIVATED SISTERHOOD



INDIVIDUAL ORGS PROVIDED DIRECT SERVICES IN THEIR COMMUNITY

Individual organization reports at end of this report

Met with MIBFN team to create budgets, overviews, webpages, fund development plans, and reports



ESTABLISHED PLANS FOR SUSTAINABILITY



SHARED EXPERTISE ON BLACK BREASTFEEDING WEEK "MILK MAGIC" PANEL WITH MDHHS

Going above and beyond



GREW NEW PARTNERSHIP WITH MOASH TO PROVIDE PRESENTATION AND PANEL DISCUSSION FOR TEENS AND YOUNG PARENTS



PRESENTED ON GREAT LAKES BREASTFEEDING WEBINAR

Collaboration over competition

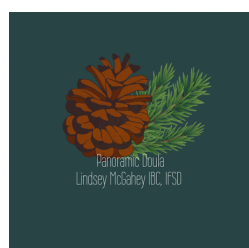


CREATED AND PUBLISHED DIRECTORY

Download the directory at mibreastfeeding.org/core-cohort

**THANK YOU MDHHS DIVISION OF MATERNAL
CHILD HEALTH, SAFE SLEEP, AND WIC FOR YOUR
GENEROSITY AND INVESTMENT IN BLACK AND
INDIGENOUS LED ORGANIZATIONS AND A
SPECIAL THANK YOU TO ALL OF THE CORE
COHORT MEMBERS - YOU ARE LIGHTING A PATH
FORWARD FOR BIRTH AND BREASTFEEDING CARE.**

View all of the CORE Cohort evaluations and
learn more at mibreastfeeding.org/core-cohort.



BUMP TO BIRTH DOULA SERVICES

CORE Cohort 2021

AT A GLANCE

Leadership: Kiara Baskin, CLC, CD
Website: bumptobirthdoulaservices.com
Facebook: Bump to Birth Doula Services
Instagram: @bumptobirthdoula
Youtube: Birth Doula Kiara
Email: bumptobirthdoulagr@gmail.com
Phone: 616-202-6450
Service Area: Kent County
Primary population served: Black and/or people of color

ABOUT

Bump to Birth Doula Services provides Labor Support, Postpartum & Infant Care, Lactation & Infant Feeding, and Car Seat Concierge support in the greater Grand Rapids area.

"IT'S IMPORTANT FOR ME TO AID IN RESTORING THE VALUE OF THE VILLAGE AND PASSING DOWN GENERATIONAL KNOWLEDGE TO MAKE SURE THAT OUR YOUNG FOLKS ARE PROVIDED EVIDENCE-BASED INFORMATION WITH THE ABILITY TO MAKE AN INFORMED DECISION. NOW IS THE TIME TO EMPOWER OUR YOUNG FOLKS TO USE THEIR VOICES, SELF-ADVOCATE, AND TO BE ALLIES."

Kiara Baskin, CD, CLC



**YOUNG PARENTS
& SAFE SLEEP
MINI-GRANT
AWARDEE**

Grant period: June 4-
September 30, 2021

Amount: \$10,000

MIBFN
Michigan Breastfeeding Network

**bump
TO
BIRTH**

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BUMP TO BIRTH DOULA SERVICES

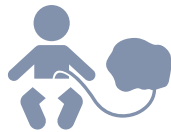
CORE Cohort 2021

SUPPORTING RACIAL EQUITY IN SAFE SLEEP AND BREASTFEEDING FOR YOUNG BIPOC MOTHERS & FATHERS FUND AWARDEE

Birth and breastfeeding supporters, like Bump to Birth Doula Services, are working with young parents to promote breastfeeding and safe sleep risk reduction.



**PROVIDED BIRTH
SUPPORT FOR ONE
FAMILY**



**SUPPORTED EIGHT
FAMILIES WITH
PLACENTA
ENCAPSULATION**



**MAINTAINED
SUBSCRIPTIONS
AND WEB
HOSTING**



**GATHERED BOOKS
FOR BIRTH
LENDING LIBRARY**



**HELD BLACK
BREASTFEEDING
WEEK "MOTHERS
MILK SMOOTHIE"
CAMPAIGN**



**FEDERALLY
TRADEMARKED
BUSINESS NAMES**

DID YOU KNOW?

These funds helped to support Bump to Birth's Community Baby Shower, which included pack and plays for families and education on safe sleep.



**PARTICIPATED IN
REFRESHER
BUSINESS COURSE**



**PURCHASED SUPPLIES
FOR PLACENTA
TINCTURE AND
PERINEAL SPRAY**

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YOUNG PARENTS & SAFE SLEEP MINI-GRANT AWARDEE

Grant period: June 4-
September 30, 2021

Amount: \$10,000

MIBFN

Michigan Breastfeeding Network

**bump
to
BIRTH**

mibreastfeeding.org/core-cohort

LACTPOWER

CORE Cohort 2021

AT A GLANCE

Leadership: Tameka White, CLS
Facebook: LactPower
Service Area: Berrien County
Primary population served: Black families in Benton Harbor

ABOUT

LactPower is a community-based, equity centered breastfeeding support service program in Benton Harbor, focused on centering the needs of Black families while providing culturally responsive care by trusted providers that reside in and represent the community they serve.

***"I UNDERSTAND ADVOCACY NOW,
THANKS TO MICHIGAN BREASTFEEDING
NETWORK. THE BREASTFEEDING MONTH
PROCLAMATION WAS A HIGHLIGHT FOR
ME. IT PASSED BY A UNANIMOUS VOTE
AND I WAS SO PLEASED AND PROUD.
BENTON HARBOR - YOU DID IT!"***

Tameka White, CLS

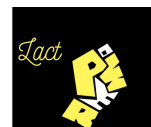


**COVID-19
MINI-GRANT
AWARDEE**

Grant period: May 1-
September 30, 2021

Amount: \$5,833

MIBFN
Michigan Breastfeeding Network



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LACTPOWER

CORE Cohort 2021

RACIAL EQUITY IN COVID-19 AND BREASTFEEDING FUND AWARDEE

Breastfeeding saves lives, especially in emergencies like the COVID-19 pandemic. Despite COVID-19's disproportionate impact on Black families, birth and breastfeeding supporters, like LactPower, are showing up for Black families to form a community of breastfeeding families, regardless of age, to share experience and support.

"TAMEKA GIVES HER TIME AND ENERGY SELFLESSLY TO HER COMMUNITY ALL FOR THE GOOD OF THE FAMILIES SHE SERVES. SHE STRIVES TO BE THE SUPPORT PERSON THAT FAMILIES CAN RELY ON FOR BREASTFEEDING EDUCATION AND CARE WHILE PAVING THE WAY FOR SYSTEMIC CHANGE. SHE HAS TRULY CHANGED THE FACE OF LACTATION SUPPORT IN BENTON HARBOR."

Vicki Wood, CLC, CLS, MIBFN
Education Project Manager

**CONNECTED WITH
COMMUNITY**

- Mentored another Black woman from Berrien county to serve as co-facilitator for Breastfeeding Club
- Hired a team member to provide doula services and birth education
- Visited open-air spaces to spread awareness and normalize breastfeeding in public
- Connected with pastors in the community to support breastfeeding in worship spaces

**ADVOCATED
FOR SYSTEMIC
CHANGE**

- Presented at MDHHS Infant Mortality Awareness Event
- Established, in partnership with the Mayor of Benton Harbor and MIBFN, a Breastfeeding Proclamation for the month of August
- Presented at live-streamed event from Benton Harbor City Hall in support of breastfeeding and maternal-infant health initiatives and how this helps the greater health of communities to thrive

**DID YOU
KNOW?**

LactPower also provided both in-person and virtual doula support for two expectant mothers.

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MIBFN
Michigan Breastfeeding Network



mibreastfeeding.org/core-cohort

LEARN, LACTATE, GROW

CORE Cohort 2021

AT A GLANCE

Leadership: Lori Walker, CCHW, CLC
Facebook: Learn Lactate Grow
Instagram: @learnlactategrow
Email: learnlactategrow@gmail.com
Service Area: Oakland County
Primary population served: Greater Pontiac Area and surrounding areas; the service area of support for LLG is over 90% Black and minority residents

ABOUT

Learn, Lactate, Grow - housed within the Learn, Play, Grow Child Care Center - centers Black and brown families in birth and breastfeeding care that is culturally relevant and evidence-based, regardless of age, education, or income level.

***"WE JUST KEEP THIS WORK
MOVING FORWARD. WE STARTED
WITH A ROCKING CHAIR."***

Lori Walker, CCHW, CLC

**CHILD CARE
MINI-GRANT
AWARDEE X2**

Grant period: July 8-
September 30, 2021

Amount: \$20,000

MIBFN
Michigan Breastfeeding Network

**LEARN
LACTATE
GROW**
Breastfeeding Village

mibreastfeeding.org/core-cohort

LEARN, LACTATE, GROW

CORE Cohort 2021

SUPPORTING RACIAL EQUITY IN BREASTFEEDING AND CHILD CARE FUND AWARDEE

Human milk is not a biohazard and breastfeeding saves lives, especially in emergencies like COVID-19. Birth workers and breastfeeding supporters, like Learn, Lactate, Grow, are working to ensure human milk feeding is promoted and supported in child care settings.



**ESTABLISHED
REFERRAL PATHWAYS
TO/FROM LOCAL
ORGANIZATIONS**



3 non-profits



2 mental health
professional



**BEGAN CULTIVATING
RELATIONSHIPS OF
MUTUAL TRUST +
RESPECT WITH
LOCAL INSTITUTIONS**



birthing hospital



local police
department



**BROUGHT THE
COMMUNITY
TOGETHER**

Established groups to support specific needs of each group, monthly and weekly, responsive to COVID-19 with some convening in person and some convening virtually.

**DID YOU
KNOW?**

As a trusted community member, Lori has the strength to build relationships with officers to find out what they are doing within the community and share what LLG does within the community.

JAVA JAM

father centered
support group
with mental
health services

MAMA'LATTE

support group
dedicated to
Black and brown
pregnant and
parenting persons

LACTATE CAFÉ

support group
dedicated to
Black and brown
pregnant and
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LACTATE
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Breastfeeding Village

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MILK LIKE MINE

CORE Cohort 2021

AT A GLANCE

Leadership: Rickeshia Williams, CLS, CLC, BD and Stephanie Freeman, CLC, BD

Facebook: Milk Like Mine

Instagram: @milklikemine

Twitter: @milklikemine

Email: milklikemine@gmail.com

Service Area: Calhoun County

Primary population served: Black, Black-mixed, and biracial families

ABOUT

Milk Like Mine is a coalition that is dedicated to addressing disparities in their community, educating families, and empowering community in order to improve maternal and infant mortality throughout Battle Creek.

"WE STRIVE TO MAKE LIFE BE WHAT IT IS SUPPOSED TO BE. WE CAN'T CREATE A PERFECT WORLD, BUT WE STRIVE TO GET CLOSE TO IT, FOR OUR MOMS AND BABIES."

Rickeshia Williams, CLS, CLC, BD



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YOUNG PARENTS & SAFE SLEEP MINI-GRANT AWARDEE

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MILK LIKE MINE

CORE Cohort 2021

RACIAL EQUITY IN COVID-19 AND BREASTFEEDING FUND AWARDEE

Breastfeeding saves lives, especially in emergencies like the COVID-19 pandemic. Despite COVID-19's disproportionate impact on Black families, birth and breastfeeding supporters, like Milk Like Mine, are showing up for Black families to ensure that as many families as possible have access to skilled lactation support to meet their breastfeeding goals without it being a cost to them.



- OB visit transportation
- Hospital lactation visit with postpartum mom of twins
- Virtual support via Zoom for c-section twin birth



- Laptop
- PPE



- Prenatal breastfeeding
- Childbirth education
- Labor
- Postpartum lactation visits

**DID YOU
KNOW?**

Breastfeeding initiation and duration rates of Milk Like Mine families increased because of more visits with skilled lactation support.



- Creation of space that reflected families and made them feel like they mattered



- Resource within community for all things birth and breastfeeding

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MILK LIKE MINE

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SUPPORTING RACIAL EQUITY IN SAFE SLEEP AND BREASTFEEDING FOR YOUNG BIPOC MOTHERS & FATHERS FUND AWARDEE

Birth and breastfeeding supporters, like Milk Like Mine, are working with young parents to promote breastfeeding and safe sleep risk reduction. Through this work, they are making connections with other organizations that work with the young community to provide respectful, relevant care.

"IT'S HARD TO WALK INTO A SPACE WHERE YOU FEEL LIKE YOU'RE STILL THE KID AND NOT THE PARENT."

- Milk Like Mine Client

YOUNG EDUCATED EMPOWERED MAMAS
YEEM



TAUGHT BIRTH AND
BREASTFEEDING
CLASSES AT WK
PREPARATORY
SCHOOL

**DID YOU
KNOW?**

Moms of the first cohort
are now mentoring the
moms of this year.



PROVIDED CRIB
TO A MOM



CREATED A WHOLE
PROGRAM FOR THE
YOUNG PARENTS
IN THE AREA



PITCHED PROGRAM
TO LAKEVIEW
SCHOOL TO REACH
MORE YOUNG
MOMS

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Michigan Breastfeeding Network



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PANORAMIC DOULA

CORE Cohort 2021

AT A GLANCE

Leadership: Lindsey McGahey, IFSD, IBC, BE
Website: panoramicrodoula.teachable.com
Facebook: @nourishingnations
Instagram: @panoramicrodoula
Email: panoramicrodoula@gmail.com
Service Area: Chippewa County, Bay Mills Chippewa Indian Community, and Sault Ste. Marie Tribe of Chippewa Indians
Primary population served: Indigenous people of the Sault Tribe of Chippewa Indians and Bay Mills Chippewa Indian Community

ABOUT

Panoramic Doula provides community-based, equity-centered birth and breastfeeding services in Chippewa County, sharing the experience and knowledge of supporting people through and beyond their reproductive experiences while specializing in unique and comprehensive traditional, Indigenous postpartum care and lactation support.

"MY MISSION IS TO BE AN INCLUSIVE SPACE WHILE MAKING SURE PEOPLE HAVE ACCESS TO SAFE AND EVIDENCE-BASED RESOURCES AND INFORMATION. MY MISSION IS TO CARE AND NURTURE PEOPLE IN THEIR EXPERIENCES AS A FOUNDATION IN RESTORING INNATE TRUST IN THE BODIES OF INDIGENOUS PEOPLES TO HEAL FUTURE GENERATIONS. MY DREAMS ARE HUGE BUT THEY ARE NECESSARY TO HEAL THE PLANET."

Lindsey McGahey, IFSD, IBC, BE



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PANORAMIC DOULA

CORE Cohort 2021

RACIAL EQUITY IN COVID-19 AND BREASTFEEDING FUND AWARDEE

COVID-19 has been disproportionately deadly for Indigenous families and shined an even brighter light on genocide and colonialism that cause poor health outcomes in Indigenous communities. Indigenous birth and breastfeeding supporters, like Lindsey McGahey, IFSD, IBC, BE, are reclaiming traditional birth and breastfeeding practices by learning and sharing the wisdom of their ancestors.

"LINDSEY'S SERVICE TO HER COMMUNITY IS EVERYTHING. SHE IS CREATING THE PATH TO A NEW STANDARD OF CARE, AND HELPING SO MANY OF US TO IMAGINE WHAT COULD BE. THE CURRENT SYSTEMS HAVE A LOT OF WORK TO DO TO CATCH UP WITH PANORAMIC DOULA AND THEIR MODEL OF CARE."

Shannon McKenney Shubert, MPH, CLC,
MIBFN Executive Director

**DECOLONIZED
WAY OF
PROVIDING
CARE**



**PROVIDED ABOVE
AND BEYOND**

- Self-care and ceremonial medicines for birthing people
- Food supplies for postpartum support

**RESPONSIVE
TO CLIENTS'
NEEDS**



**SERVED ABOVE
AND BEYOND**

**DID YOU
KNOW?**

Lindsey went above and beyond by serving a client in Northern Michigan because they had a relationship and this person needed trusted support (despite the mini-grant being for the UP).

- 2 extended care postpartum clients with relationship building, traditional postpartum meals, and additional support
- 2 birth clients including prenatal visits through pregnancy leading up to first birth and some postpartum care
- 4 lactation contacts via texting and information sharing
- 2 virtual lactation consults in which Lindsey provided immediate attention that was needed

ABOUT THE CORE COHORT

This cohort is currently composed of 12 Black and Indigenous breastfeeding supporters and organizations who have chosen collaboration over competition. We were initially awarded mini-grants through MDHHS and Michigan Breastfeeding Network to advance our work, centering Black and Indigenous families in the reclamation and restoration of traditional birth and breast/bodyfeeding practices that have sustained our families for centuries. Our work is initially focused in the areas of COVID-19, young mothers and fathers, and child care. We work collaboratively in sisterhood (not cis-terhood) to network, incubate, take action, and achieve outcomes in solidarity with the families in our communities.

**COVID-19
MINI-GRANT
AWARDEE**

Grant period: May 1-
September 30, 2021

Amount: \$5,833

MIBFN

Michigan Breastfeeding Network



mibreastfeeding.org/core-cohort

SOUTHEAST MICHIGAN IBCLCS OF COLOR

CORE Cohort 2021

AT A GLANCE

Founding members: Jennifer Day, RLC, IBCLC; Tameka Jackson-Dyer, BASc, IBCLC, CHW; Sekeita Lewis-Johnson, DNP, FNP-BC, IBCLC; Mia Roetherford, BA, IBCLC, CHW; Shonte' Terhune-Smith, BS, IBCLC

Facebook: Southeast Michigan IBCLCs of Color

Instagram: @SMIBCLCsofColor

Email: semichioc@gmail.com

Service Area: Metro-Detroit (across Macomb, Oakland, and Wayne Counties), virtual services extend across Michigan

Primary population served: Centered in serving families of color, most services are available to families of all races and ethnicities

ABOUT

Southeast Michigan IBCLCs of Color's mission is to meet the unique needs for mentorship, fellowship and profession growth of IBCLCs of Color in the Southeast Michigan region in order to supply the community with equitable access to culturally appropriate lactation support and advocacy.

"I CAN SEE THE REBUILDING OF RELATIONSHIPS AMONG BLACK WOMEN. INTERGENERATIONAL TRAUMA HAS BEEN PASSED ON TO BLACK WOMEN AND I CAN SEE FOLX OPENING TO THIS IDEA OF TRUSTING SISTERHOOD AS OPPOSED TO RUNNING FROM IT. I CANNOT SAY ENOUGH GOOD THINGS ABOUT THE HEALING THAT CONTINUES TO HAPPEN IN THIS SPACE."

Sekeita Lewis-Johnson, DNP, FNP-BC, IBCLC



COVID-19 MINI-GRANT AWARDEE

Grant period: May 1-
September 30, 2021

Amount: \$5833

YOUNG PARENTS & SAFE SLEEP MINI-GRANT AWARDEE

Grant period: June 4-
September 30, 2021

Amount: \$10,000

MIBFN
Michigan Breastfeeding Network



mibreastfeeding.org/core-cohort

SOUTHEAST MICHIGAN IBCLCS OF COLOR

CORE Cohort 2021

RACIAL EQUITY IN COVID-19 AND BREASTFEEDING FUND Awardee

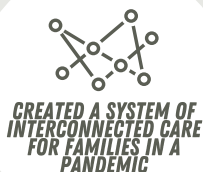
Breastfeeding saves lives, especially in emergencies like the COVID-19 pandemic. Despite COVID-19's disproportionate impact on Black families, birth and breastfeeding supporters, like Southeast Michigan IBCLCs of Color (SEMI) are showing up for Black families to create a village for those that do not have any other support and humanize the joy and pain of parenthood.

SERVICES PROVIDED
FREE OF CHARGE
TO FAMILIES



WHAT IS
HOLDING
SPACE?

Holding Space is a virtual support group with skilled lactation (IBCLC, peer counselor) and mental health providers available for families with the option of private breakout rooms for in-depth counseling/support.



ABOUT THE CORE COHORT

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**COVID-19
MINI-GRANT
AWARDEE**

Grant period: May 1-
September 30, 2021

Amount: \$5,833

**YOUNG PARENTS
& SAFE SLEEP
MINI-GRANT
AWARDEE**

Grant period: June 4-
September 30, 2021

Amount: \$10,000

MIB&FN
Michigan Breastfeeding Network



mibreastfeeding.org/core-cohort

SOUTHEAST MICHIGAN IBCLCS OF COLOR

CORE Cohort 2021

**SUPPORTING RACIAL EQUITY IN SAFE SLEEP AND BREASTFEEDING FOR
YOUNG BIPOC MOTHERS & FATHERS FUND Awardee**

Birth and breastfeeding supporters, like Southeast Michigan IBCLCs of Color (SEMI) are working with young parents to promote breastfeeding and safe sleep risk reduction. Through this work, they are focused on starting a leaderful movement in Michigan of Black fathers.



**MADE REFERRALS TO
CONNECT FAMILIES
TO DIRECT SUPPORT
AND COMMUNITY
RESOURCES**



**ENSURED DADS ARE
INCLUDED IN THE
CONVERSATION**



**PROVIDED CLC
TRAINING FOR 1
BLACK FATHER**



**INTERVIEWED
SEVERAL BLACK
FATHERS FOR NEW
PODCAST ON BLACK
FATHERHOOD**



**LEVERAGED FUNDS
TO BRING IN
ADDITIONAL FUNDS
TO CONTINUE THE
WORK**

**RESOURCES FROM
BLACK FATHERS
FOR OTHER
BLACK FATHERS**

**"WE DON'T DO ENOUGH TO
CENTER ENTIRE BLACK FAMILIES -
REPRESENTATION MATTERS AND
POSITIVE REPRESENTATION OF
BLACK FATHERHOOD IS KEY TO
SPEAKING TRUTH AND HEALING
INTO OUR FAMILIES."**

Sekeita Lewis-Johnson, DNP, FNP-BC, IBCLC

ABOUT THE CORE COHORT

This cohort is currently composed of 12 Black and Indigenous breastfeeding supporters and organizations who have chosen collaboration over competition. We were initially awarded mini-grants through MDHHS and Michigan Breastfeeding Network to advance our work, centering Black and Indigenous families in the reclamation and restoration of traditional birth and breast/bodyfeeding practices that have sustained our families for centuries. Our work is initially focused in the areas of COVID-19, young mothers and fathers, and child care. We work collaboratively in sisterhood (not cis-terhood) to network, incubate, take action, and achieve outcomes in solidarity with the families in our communities.

**COVID-19
MINI-GRANT
AWARDEE**

Grant period: May 1-
September 30, 2021

Amount: \$5,833

**YOUNG PARENTS
& SAFE SLEEP
MINI-GRANT
AWARDEE**

Grant period: June 4-
September 30, 2021

Amount: \$10,000

MIB&FN
Michigan Breastfeeding Network



mibreastfeeding.org/core-cohort

FULL CIRCLE DOULA SERVICES

CORE Cohort 2021

AT A GLANCE

Leadership: Anesha Stanley, CD, PCD, BD

Website: keysofhopecfoundation.com/fullcircledoula

Facebook: Full Circle Doula Services, LLC

Instagram: @fullcircledoulaservicesllc

Email: keysofhopecfoundation@gmail.com

Service Area: Great Lakes Bay region, including Saginaw, Bay City, Midland, Frankenmuth, and surrounding cities

Primary population served: Black and/or Indigenous females ages 15 to 21, low-income level of \$25,000 or less, currently enrolled in or recently graduated high school/alternative education with a diploma or GED attainment, single marital status

ABOUT

Full Circle Doula Services provides birth, bereavement, and postpartum doula services, as well as childbirth education and placenta services, centering Black families from preconception through the postpartum period.

"CENTERING BLACK FAMILIES IS IMPORTANT BECAUSE BIRTH AND BREASTFEEDING EDUCATION AND VILLAGE SUPPORT IS FOR US, BY US, AND FROM US. WE HAVE THE ANSWERS, WE JUST NEED THE RESOURCES. THERE ARE BLACK WOMEN WHO DESIRE BREASTFEEDING SUPPORT AND EDUCATION AND I KNOW HOW TO CONNECT WITH THEM AND WHERE TO FIND THEM!"

Anesha Stanley, CD, PCD, BD



**YOUNG PARENTS
& SAFE SLEEP
MINI-GRANT
AWARDEE**

Grant period: June 4-
September 30, 2021

Amount: \$10,000

MIBFN
Michigan Breastfeeding Network



mibreastfeeding.org/core-cohort

FULL CIRCLE DOULA SERVICES

CORE Cohort 2021

SUPPORTING RACIAL EQUITY IN SAFE SLEEP AND BREASTFEEDING FOR YOUNG BIPOC MOTHERS & FATHERS FUND AWARDEE

Birth and breastfeeding supporters, like Full Circle Doula Services, LLC, are working with young parents to promote breastfeeding and safe sleep risk reduction. Through this work, they are centering families, particularly those who have experienced loss. They strive to advocate for them to help them heal from generations of trauma and to step into motherhood.



**COLLABORATED
WITH LOCAL MEN'S
ORG TO TALK
ABOUT BIRTH AND
PARENTING
SUPPORT WITH
YOUNG MEN**



**PROVIDED FREE
BIRTH AND
POSTPARTUM
DOULA SERVICES
TO 3 CLIENTS**



**PURCHASED
SUPPLIES FOR NEW
MOM KITS,
INCLUDING
JOURNALS AND
CARE ITEMS**



**PROVIDE SAFE
SLEEP SUGGESTIONS
AND EDUCATION ON
THE IMPORTANCE
OF PRACTICING
INFANT SAFE SLEEP**

DID YOU KNOW?

With these funds, Full Circle Doula Services launched an in-person breastfeeding support group that covers topics including returning to work, birth, and breastfeeding.



**DEVELOPED A
COMMUNITY-BASED
BABY SHOWER IN
COLLABORATION
WITH YOUNG
PARENT GROUP**

ABOUT THE CORE COHORT

This cohort is currently composed of 12 Black and Indigenous breastfeeding supporters and organizations who have chosen collaboration over competition. We were initially awarded mini-grants through MDHHS and Michigan Breastfeeding Network to advance our work, centering Black and Indigenous families in the reclamation and restoration of traditional birth and breast/bodyfeeding practices that have sustained our families for centuries. Our work is initially focused in the areas of COVID-19, young mothers and fathers, and child care. We work collaboratively in sisterhood (not cis-terhood) to network, incubate, take action, and achieve outcomes in solidarity with the families in our communities.

YOUNG PARENTS & SAFE SLEEP MINI-GRANT AWARDEE

Grant period: June 4-
September 30, 2021

Amount: \$10,000

MIBFN
Michigan Breastfeeding Network

Full *circle*
Doula Services

NOURISHING NATIONS

CORE Cohort 2021

AT A GLANCE

Leadership: Raeanne Madison, MPH and Lindsey McGahey, IFSD, IBC, BE

Website: postpartumhealinglodge.com

Facebook: Nourishing Nations

Instagram: @postpartumhealinglodge

Email: raeanne@postpartumhealinglodge.com

Service Area: Chippewa County, Michigan, home to both the Sault Ste. Marie Tribe of Chippewa Indians, the Bay Mills Indian Community, and other Indigenous nations

Primary population served:

Indigenous/Native American families with an emphasis on young parents age 21 and younger, who are currently pregnant and/or body feeding families who have children under the age of 3 months

ABOUT

Nourishing Nations is a traditional cultural support program that provides postpartum and newborn care packages to teen and young Indigenous mothers (age 21 and under) anywhere in the state of Michigan.

"IT WAS NICE TO BE TRUSTED WITH FUNDING TO USE IN THE WAYS OUR COMMUNITY NEEDS THEM. WE KNOW WHAT WE NEED, BUT USUALLY WE HAVE TO GO THROUGH THESE MASSIVE APPROVAL PROCESSES TO JUST SERVE IN THE WAYS WE ALREADY SERVE. I AM REALLY GRATEFUL WE COULD JUST DO WHAT WE NEEDED TO DO, AND FAMILIES GOT SERVED IN A TIMELY WAY."

Raeanne Madison, MPH



**YOUNG PARENTS
& SAFE SLEEP
MINI-GRANT
AWARDEE**

Grant period: June 4-
September 30, 2021

Amount: \$10,000

MIBFN

Michigan Breastfeeding Network

mibreastfeeding.org/core-cohort

NOURISHING NATIONS

CORE Cohort 2021

SUPPORTING RACIAL EQUITY IN SAFE SLEEP AND BREASTFEEDING FOR YOUNG BIPOC MOTHERS & FATHERS FUND AWARDEE

Birth and breastfeeding supporters, like Nourishing Nations, are working with young parents to promote breastfeeding and safe sleep risk reduction. Through this work, they are getting the word out and building capacity to empower young parents and instilling them with bodily autonomy.



DIRECTLY SERVED 2 YOUNG MOTHERS WITH FULL SPECTRUM TRADITIONAL INDIGENOUS BIRTH CARE

Full spectrum traditional Indigenous birth care includes prenatal, postpartum, breastfeeding support, infant care education, safe sleep education, and meals.



EDUCATED LOCAL VENDORS ABOUT THE USE OF ANIMAL BONES FOR POSTPARTUM CARE



SOURCED POSTPARTUM FOOD FROM LOCAL VENDORS TO SUPPORT LOCAL FOOD SYSTEMS



DISTRIBUTED CARE PACKAGES TO YOUNG PARENTS



BROUGHT IN OTHER CARE PROVIDERS FOR CONSULTS + COMPENSATED THEM FOR THE TIME AND EXPERTISE



CREATED WRITTEN MATERIALS, INCLUDING A COLLECTION OF INDIGENOUS HEALING FOODS



DEVELOPED AND PUBLISHED A COURSE



SPOTLIGHT ON SUSTAINABILITY

DID YOU KNOW?

With these funds, Lindsey also developed a culturally-centered mini-course on bodyfeeding through a nonjudgmental lens.

ABOUT THE CORE COHORT

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YOUNG PARENTS & SAFE SLEEP MINI-GRANT AWARDEE

Grant period: June 4–September 30, 2021

Amount: \$10,000

MIB&FN

Michigan Breastfeeding Network

mibreastfeeding.org/core-cohort

YOLO

CORE Cohort 2021

AT A GLANCE

Leadership: Shonte' Terhune-Smith, BS, IBCLC

Website: yolobreastfeeding.org

Facebook: YOLO Breastfeeding

Instagram: @yolobreastfeeding

Email:

success.yolobreastfeeding@gmail.com

Service Area: Genesee County

Primary population served: Families in Genesee County while centering Black and Indigenous families

ABOUT

YOLO's mission is to inclusively service families throughout Genesee County while centering Black and Indigenous families as they reach their birth and breastfeeding goals.

"SUPPORTING THE WHOLE FAMILY IS ESSENTIAL TO IMPROVING THE OVERALL GENERATIONAL HEALTH OF FAMILIES OF COLOR, EDUCATING AND EMPOWERING FATHERS TO FEEL CONFIDENT IN THEIR PARENTING ROLE WILL ALLOW THEIR PARTNERS TO FEEL SUPPORTED IN BIRTH, BREASTFEEDING, AND INFANT CARE."

Shonte' Terhune-Smith, BS, IBCLC



**YOUNG PARENTS
& SAFE SLEEP
MINI-GRANT
AWARDEE**

Grant period: June 4-
September 30, 2021

Amount: \$10,000

MIBFN
Michigan Breastfeeding Network



mibreastfeeding.org/core-cohort

YOLO

CORE Cohort 2021

SUPPORTING RACIAL EQUITY IN SAFE SLEEP AND BREASTFEEDING FOR YOUNG BIPOC MOTHERS & FATHERS FUND AWARDEE

Birth and breastfeeding supporters, like YOLO, are working with young parents to promote breastfeeding and safe sleep risk reduction. Through this work, they are building partnerships and relationships to ensure sustainable support for young parents in Genesee County and beyond.



**OUTREACH FOR
TRAP CHAT AND
SAFE SLEEP
RESOURCES**



**PARTNERED WITH
GRACE NOTE
STUDIO LED BY
KALITA MCCLURE
FOR EXPERTISE IN
SAFE SLEEP**

**RISK
REDUCTION
STRATEGY**

**BREASTFEEDING-
RESPECTFUL
LENS**

**SLEEP
SACKS**

**KINDRED
MUSIC**

PACIFIERS



**RECRUITED 3
COMMUNITY FATHERS
TO SHARE ABOUT
THEIR EXPERIENCES
ON TRAP CHAT**

ALEX

Youth pastor who shared about fatherhood with wife having twins and experiencing PPD

DID YOU KNOW?

There were 7 Trap Chat episodes focused on fatherhood and safe sleep topics including: miscarriage, depression, role of a father, vulnerability, abandonment, and being attentive to your spouse.

ABOUT THE CORE COHORT

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SHANTA

Shonte's husband who gave insight into the normalcy and vulnerability in life

ANTOINE

Discussed his evolution as a father

**YOUNG PARENTS
& SAFE SLEEP
MINI-GRANT
AWARDEE**

Grant period: June 4-
September 30, 2021

Amount: \$10,000

MIBFN

Michigan Breastfeeding Network



mibreastfeeding.org/core-cohort

SAGE AND REBOZOS

CORE Cohort 2021

AT A GLANCE

Leadership: Micaela McHenry, FSD
Website: sageandrebozos.com
Facebook: Sage and Rebozos
Instagram: @sageandrebozos
Email: micaelathedoula@gmail.com
Service Area: Metro Detroit area

ABOUT

Sage and Rebozos is about prenatal and postpartum support with a focus on Indigenous traditions from Micaela's direct lineage, BIPOC birthing people, and birth centered activism.

"I HOPE TO INSPIRE OTHER BIPOC BIRTH WORKERS TO TAKE UP SPACE IN WHITEWASHED WELLNESS SPACES, AND RECLAIM AND MEND THEIR ANCESTRAL TRAUMAS THROUGH THIS WORK."

Micaela McHenry, FSD



**PAY IT
FORWARD
SCHOLARSHIP**

Grant period: June 10-
September 30, 2021

Amount: \$2,500

MIBFN
Michigan Breastfeeding Network

**SAGE AND
REBOZOS**

mibreastfeeding.org/core-cohort

SAGE AND REBOZOS

CORE Cohort 2021

PAY IT FORWARD SCHOLARSHIP AWARDEE

After seeing the success of the #ReclaimIndigenousBreastfeeding fundraiser, Michigan WIC offered two additional scholarships to Indigenous birth and breastfeeding supporters to serve families in their communities. Indigenous birth and breastfeeding supporters, like Sage and Rebozos, are working alongside families to reclaim traditional birth and breastfeeding practices.



PARTICIPATED IN WORKSHOP ON HISTORY AND TECHNICAL USE OF REBOZOS FROM A DOULA WHO LIVES IN MEXICO AND WAS RAISED IN THE TRADITIONS



SOURCED HERBS FOR PERI-WASHES AND SITZ BATHS



PROCURED SUPPLIES FOR BROTH TO MAKE, FREEZE, AND BRING TO CLIENTS POSTPARTUM



SPOTLIGHT ON SUSTAINABILITY

Micaela likes to explain the "why" behind the herbs to clients. The workshop went in-depth about herbs, which will assist Micaela with her clients.

DID YOU KNOW?

These funds helped Micaela to be able to quit her full-time job to focus on birth work and serving families in addition to paying the premium on her business insurance and LLC renewal.



ETHICALLY SOURCED TWO REBOZOS FROM ARTISANS IN MEXICO



ABOUT THE CORE COHORT

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PAY IT FORWARD SCHOLARSHIP

Grant period: June 10-September 30, 2021

Amount: \$2,500

MIB&FN

Michigan Breastfeeding Network

SAGE AND REBOZOS

mibreastfeeding.org/core-cohort

BIRTH QUEENS AND MILK QUEENS

CORE Cohort 2021

AT A GLANCE

Leadership: Bianca Nash-Miot
Facebook: Birth Queens and Milk Queens
Email: birthqueensmilkqueens@gmail.com
Service Area: All of Prosperity Region 8
Primary population served: Milk Queens proudly offers comprehensive Birth Doula and Lactation Counselor services for Pregnant and Breastfeeding Mothers

ABOUT

Birth Queens and Milk Queens offers comprehensive birth doula and lactation counselor services for pregnant and breastfeeding families, focusing on advancing health equity for Black communities. Relationship building and trust is at the heart of our services. Through partnerships and community groups, we reach families of color in many counties throughout southwestern Michigan.

"I WANT TO BE THE PERSON THAT PEOPLE CAN GO TO FOR HELP. I STEPPED INTO THE ROLE OF BEING AN ADVOCATE FOR OTHERS BECAUSE SOMEONE WAS AN ADVOCATE FOR ME."

Bianca Nash-Miot, CLC



**CHILD CARE
MINI-GRANT
AWARDEE**

Grant period: July 8-
September 30, 2021

Amount: \$10,000

MIBFN
Michigan Breastfeeding Network



mibreastfeeding.org/core-cohort

BIRTH QUEENS AND MILK QUEENS

CORE Cohort 2021

SUPPORTING RACIAL EQUITY IN BREASTFEEDING AND CHILD CARE FUND AWARDEE

Human milk is not a biohazard and breastfeeding saves lives, especially in emergencies like COVID-19. Birth workers and breastfeeding supporters, like Bianca Nash-Miot, CLC, are working alongside child care providers to ensure human milk feeding is promoted and supported in child care settings.



WORKED TOWARDS
IBCLC CREDENTIAL

- Completed B.L.A.C.K. Course
- Became CPR Certified
- Paid university for transcripts
- Secured a Pathway 3 IBCLC mentor



PLANNED
BREASTFEEDING
SUPPORT PROGRAM
FOR TEENS

- Began planning breastfeeding support training for parents on paced feeding and continuing breastfeeding after return to school at Hope Teen Resource Program



ESTABLISHED REFERRAL
PATHWAY

- Established a referral pathway with a local community health center that was previously underserved or served by lactation supporters in Indiana

DID YOU
KNOW?

There is a lack of IBCLCs of color in Southwest Michigan. Through becoming an IBCLC, Bianca will be able to give skilled lactation support to families of color with advanced skills.



WENT ABOVE AND
BEYOND TO SERVE
FAMILIES

- Served multiple families with breastfeeding support, issues, and necessary referrals



WORKED WITH GREAT
START COLLABORATIVE
IN VAN BUREN COUNTY

- Continued serving as a parent and breastfeeding consultant
- Began planning breastfeeding support training

ABOUT THE CORE COHORT

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CHILD CARE
MINI-GRANT
AWARDEE

Grant period: July 8-
September 30, 2021

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Michigan Breastfeeding Network



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