

# CHALLENGING SYSTEMS, SUPPORTING FAMILIES

## AS LOCAL BREASTFEEDING SUPPORTERS, WE ARE WORKING TO TRANSFORM CARE IN OUR COMMUNITIES.

### **HOLDING SYSTEMS ACCOUNTABLE**

We ask questions about hospital policies and care practices to understand how decisions are made. We support families in understanding their options and bring community voices—including doulas and Black and Brown families—into coalitions, advisory groups, and hospital committees.

### **ADVOCATING FOR LANGUAGE ACCESS**

Every family deserves compassionate care in a language they understand. We are speaking up when interpretation services are needed and helping families understand their rights to language access. When we speak more than one language, we are making sure care teams know so communication needs can be better supported.

### **RETURNING POWER TO PARTNERS**

Partners can be powerful advocates during birth. We are checking in to make sure they understand what is happening and encouraging them to ask questions—especially if something differs from the birth plan. Education about physiological birth and common interventions can help partners feel confident supporting and advocating for their family.

### **PUSHING FOR INSURANCE COVERAGE**

Families deserve access to in-home breastfeeding and doula support. We are encouraging clients to contact their insurance providers to request coverage, and supporting them in making those calls if needed. We are advocating with insurers and policymakers for fair reimbursement and expanded coverage for community-based care.

***“LET’S STAY FOCUSED ON BECOMING SOLUTIONS-ORIENTED TO BECOME BETTER BIRTH AND BREASTFEEDING WORKERS SO WE CAN TAKE CARE OF FAMILIES WHILE TAKING CARE OF OURSELVES!”***

Shonte’ Terhune-Smith, BS, IBCLC,  
MIBFN Community Education Manager

***“I LOVED THE CONVERSATION AND MY MAIN TAKEAWAYS ARE FEELING ENCOURAGED TO BE THE BEST SUPPORT PERSON TO MY CLIENTS POSSIBLE AND FEELING EVEN CLOSER TO OTHERS IN THE BREASTFEEDING COMMUNITY.”***

Local Breastfeeding Supporter

