

Resources by Black Experts

Included here are resources that are culturally relevant to the experiences of Black parents and can be used as knowledge for doulas and support people

Comprehensive Books

- Oh Sis! You're Pregnant? Shania Boswell
- Black, Pregnant, and Loving It, Yvette Allen-Campbell and Dr. Suzanne Greenidge-Hewitt
- Motherhood So White: A Memoir of Race, Gender, and Parenting in America, Nefertiti Austin
- My Brown Baby: On the Joys and Challenges of Raising African American Children, Denene Millner
- Natural Pregnancy Guide: Empowering Moms to Make Healthy Choices, Dr. Laurena White
- The Brown Mama Mindset: A Blueprint for Black Moms on Life, Love and Home, Muffy Mendoza
- Mama's Little Baby, The Black Woman's Guide to Pregnancy, Childbirth, and Baby's First Year, Dr. Dennis Brown and Pamela A. Toussaint
- The Mocha Manual to a Fabulous Pregnancy, Kimberly Seals-Allers

Breastfeeding Resources

- [Lactation Network](#)
- [Breastfeeding Rose](#)
- [Soul Food 4 Your Baby](#)
- [Black Moms Do Breastfeed- FB Support Group](#)
- [Breastfeeding Basics- NS Health](#)
- [Breastfeeding COP](#)
- [IWK Breastfeeding Resource](#)



Podcasts

- The Black Doula Podcast, with Sabia C. Wade

Relevant Episodes: Episode 5, Birthing Bodies with Stephanie Mitchell

<https://anchor.fm/theblackdoula>

- Birthright Podcast, with Kimberly Seals Allers

<https://birthrightpodcast.com>

- Evidence Based Birth, with Dr. Rebecca Dekker

Relevant Episodes: [EBB 199 – Writing about Racism’s Effects on Pregnancy and Birth Outcomes with EBB Research Associate, Ihotu Ali](#)

[EBB 189 – Why Black Lactation Matters and the Importance of Black Breastfeeding Week with IBCLC, Janiya Mitnaul Williams](#)



Instagrams

- @mahogany milk
- @blackbirthexperience
- @themidwifebitch
- @doctor_midwife
- @rachpierre
- @blackmomsblog
- @blackbirthhealer

Blog/Website Resources

- <https://www.blackwomenbirthingjustice.com>
- <https://kimberlysealsallers.com>
- <https://mommifaceted.com>
- <https://mom.com>