

BIRTH JUSTICE

WHAT IS BIRTH JUSTICE?

Birth Justice is a response to reproductive oppression that leads to negative birth experiences. This oppression particularly impacts women and birthing people of color, low-income, survivors of violence, immigrant, and/or the LGBTQIA+ community.

Birth Justice exists when

women and birthing people are empowered during pregnancy, labor, childbirth and postpartum to make healthy decisions for themselves and their babies.

Birth Justice includes:

- The right to choose whether or not to carry a pregnancy
- The right to choose when, where, and how to birth as well as with whom to support a birth, including access to traditional and indigenous birth-workers, such as midwives and doulas
- The right to breastfeeding support

Birth Justice requires

challenging harmful and abusive practices and educating the community and healthcare systems/providers on culturally appropriate and person centered care.

Tips for Black Women and Birthing People

Be bold in asking for support. You don't have to do this alone and it is not weak to need help.

Prepare to be an informed and empowered advocate during your birth process. Create a birth plan, learn about informed consent, and the risks/benefits of possible medical procedures.

Explore your options. Find prenatal care that is supportive and respectful, and persist with it. Explore doula and midwifery care options.

Learn about the signs of postpartum depression and seek professional help and community support if needed.

Join a new parent, lactation, or other support group that meets your needs.



This content was sourced from: www.blackwomenbirthingjustice.com

What Can I Do As a CT Provider to Support Black Moms and Birthing People?

- Listen and believe them when they say something does not feel right. The CDC [Hear Her](#) campaign aims to prevent pregnancy-related deaths by sharing potentially life-saving messages about urgent warning signs.
- Make a conscious effort to acknowledge and learn about topics such as [systemic racism](#), stigma, and [trauma informed care](#) that impact healthcare delivery. Ask your local state agencies, the [CT Clearinghouse](#), or the [CT Women's Consortium](#) for information on upcoming trainings.
- Connect your patients/clients to peer and family supports such as [Birth, Support Education and Beyond](#) and the [CT Fatherhood Initiative](#).



Are you struggling to reduce or stop your substance use while pregnant or parenting? You are not alone.

[CT Department of Mental Health and Addiction Services](#)

[CT Community for Addiction Recovery](#)

[Women's REACH Program](#)

[DMHAS Addiction Services Bed Availability](#)

[CT 24/7 Treatment Access Line: 1-800-563-4086](#)

[CT PROUD Program](#)

[211 CT](#)