



Table 2. Messaging by Topic

<p>Bonding</p>	<p> Nikia Clark shared a photo. April 16, 2018 · Add Topics</p> <p>After delivery, it's important to breastfeed and bond with your baby skin-to-skin as soon as possible. #blackbreastmatter #breastfeedingmatters #bondingwithyourbabymatters</p>  <p>Black Women Do Breastfeed March 6, 2018</p> <p>"Not even 24 hours old and she's already a pro! I'm Looking forward to a nice long journey of bonding with this angel!"</p> <p>#bwdbf #wedothis</p>	
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Nutrition
(Baby & Mom)

 **Nikia Clark**
April 3, 2018 · Add Topics

Eating a well balanced diet and drinking plenty of water will help boost your energy and increase your milk supply when you breastfeed! What are some of your favorite healthy snacks and foods? Comment below or add a picture.

The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



Fruit and vegetables

Bread, rice, potatoes, pasta and other starchy foods


Meat, fish, eggs, beans and other non-dairy sources of protein

Food and drinks high in fat and/or sugar


Milk and dairy foods

<http://www.fao.org/3/a-as838e.pdf>

Health &
Wellness
(Baby &
Mom)

 **Nikia Clark**
December 1, 2018 · Add Topics

Who feels like they know all the benefits breastfeeding has for the mother and baby?
One benefit for the mom is BREASTFEEDING REDUCES STRESS. Can you name more benefits?
#blackbreastmatter



REAL TALK

<http://mochamanual.com/bb/tips/byb/>

Finances /

Money

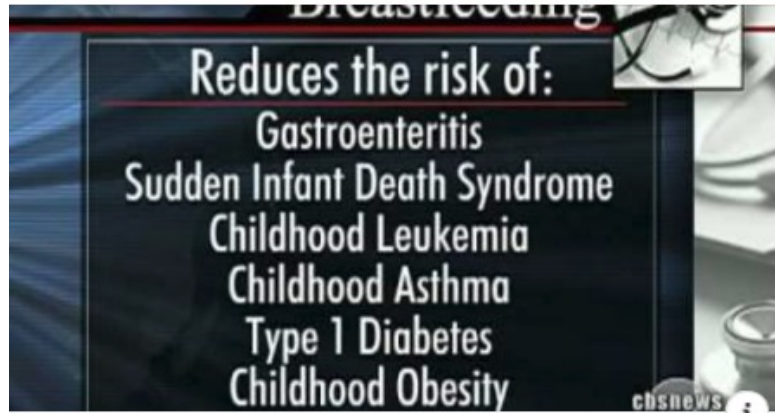
Saving



Nikia Clark shared a link.

June 11, 2018 · Add Topics

Listen to this video and hear what the experts say about breastfeeding. The top 2 reasons to breastfeed are: 1. Healthiest choice for the baby and 2. It saves money
What is the most important reason for you?



YOUTUBE.COM

Breast Feeding Saves Lives, Money

A new report shows that breast feeding can save nearly 900 infants and \$...

<https://www.youtube.com/watch?v=jLKPi-M76VY>

Support for

the mom



Nikia Clark shared a link.

March 12, 2018 · Add Topics

The #1 reason women stop breastfeeding in the first 3 weeks after giving birth is the lack of support.
This week we will spend some time talking about challenges, resources and advice about getting the support you need to breastfeed successfully. ALL YOUR COMMENTS ARE WELCOME!
This video talks about dads but the info is useful for whoever is your support person. Let me know what you think!



YOUTUBE.COM

How Dads Can Help Breastfeeding Mothers

Welcome baaaack! Today we talking all about helping out breastfeeding...

History of Breastfeeding in the African American community

 **Nikia Clark** shared a link.
June 11, 2018 · Add Topics

Did you ever think of why black mothers are less able to breastfeed? What are some challenges you might have that will make it hard to breastfeed?



[About this website](#)

ROMPER.COM
The Unjust Reason Black Mothers Are Less Able To Breastfeed

Challenges and Concerns

 **Nikia Clark** shared a link.
October 2, 2018 · Add Topics

The proper latch is important!



- Baby's mouth is opened wide.
- Baby's tongue is over his lower gum.
- Baby's lips are curled out.
- Baby's mouth is barely open.
- Baby's tongue is behind the lower gum.
- Baby's lips are curled in.

[About this website](#)

IMAGES.GOOGLE.COM
Image: Similiar Newborn Latch Breastfeeding Babies
Keywords