



**A BLACK WOMAN'S GUIDE
TO SELECTING A PROVIDER**



WELCOME TO MOMMY-FRIENDLY DETROIT!

The place that honors black motherhood and acknowledges your life. In the Motor City, your humanity is core to who you are; your birthright. We make a BIG deal about pregnancy and birth each and every time, because it is a BIG deal each and every time. Use this pocket guide as an easy tool to help you advocate for your health and the health of your baby.

WANT MORE INFO?

Contact the co-creators, W.K. Kellogg Foundation's Community Leadership Network Class 1 Fellows:


JAYE CLEMENT

*Women-Inspired Neighborhood Network:
Detroit • jclemen1@hfhs.org*

KIDDADA GREEN

*Black Mothers' Breastfeeding Association
kiddadag@bmbfa.org*


BE CHOOSY

- Find out more about your provider.
 - You have the right to choose your provider.
 - You may very likely be able to change your provider from the one that was assigned to you.
 - Shop around for a provider that meets your wants and needs.
 - Ask friends and family for ideas based on who they like.
 - Search for reviews on places like Yelp or other websites.
 - Request 1-on-1 consultation before your first appointment.
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- A stylized, light pink illustration of a woman's profile, facing left. She is wearing glasses with a white frame. The illustration is positioned on the right side of the page, partially overlapping the text area.




WHAT IS A CONSULTATION?

Think of it as “courting” or swiping left/right. It is a time for you and your provider to get to know one another before taking the next step. During the consultation there may not be an exam. Just talk.



CONSULTATION QUESTIONS FOR PREGNANT WOMEN

- How many people are allowed in the delivery room?
 - What are your thoughts about breastfeeding?
 - What is your C-Section rate?
 - How do you feel about doula care?
 - In what ways do you limit medical interventions during labor and birth?
 - Will you be the actual provider that delivers my baby?
 - What do you do to honor birthing plans?
 - What recommendations do you make for family planning immediately following delivery?
 - _____
 - _____
 - _____
- 

BEING
MOMMY-FRIENDLY

means that women are

RECOGNIZED AS PARTNERS

IN THEIR HEALTH CARE.

WOMEN ARE

**ACKNOWLEDGED AS DYNAMIC
THOUGH IMPERFECT,**

THAT **MUTUAL RESPECT** IS A DESIRED OUTCOME,

THAT

HEALTHY BABIES ARE A

DIRECT RESULT OF

HEALTHY MOTHERS,

AND THAT THERE IS

DIGNITY & HONOR

INHERENT IN

MOTHERHOOD

FOR ALL WOMEN.