

African American Infant & Maternal Mortality (AAIMM) Prevention Initiative Doula Program & Fatherhood Engagement

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ASHLEY SKIFFER-THOMPSON

PROGRAM COORDINATOR

DAVION MAULDIN

FATHERHOOD COORDINATOR



Objectives

- ❖ Share the work of the African American Infant and Maternal Mortality (AAIMM) Prevention Initiative
- ❖ Share our Fatherhood Engagement work, Fatherhood Coordinator Davion Mauldin
- ❖ Provide overview of the AAIMM Doula Program



AAIMM Prevention Initiative

Initiative Goal: to reduce the Black-White infant mortality gap in LA County by 30% over 5 years (2018-2023).

- Reduce the maternal mortality gap in LA County (metrics TBA)

Aspirational Goal: to eliminate racism and reduce the effects of racism on Black women's bodies.

STRATEGIES:

1. Reduce birthing person's exposure to stressors in the social environment
2. Block the pathway from social stress to physiologic stress
3. Intervene as early as possible when stress has taken a toll on health
4. Create and sustain infrastructure to achieve Strategies 1-3

Meet our Fatherhood Coordinator



Black Daddy Dialogue

AAIMM Fatherhood Community Partner

Topics of discussion:

Parenting Skills

Co-Parenting Skills

Fatherhood beyond finances

Fatherhood Qualities

Communication Skills with Partner and Child(ren)

Mental Health

Healthy Relationships

Boundaries

Discipline Practices

Self Care

Child Support

Academic Support

Emotional Intelligence

Financial Literacy

Navigating and Managing

Cultural Stressors

Navigating Family Court

Community Resources

Current News Events

Step-parents

Time Management w/children

Children self esteem

Various Parenting Styles

Power struggles

Addressing sensitive topics

Addressing awkward topics



BLACK DADDY DIALOGUE
SOCIAL SUPPORT GROUP

Changing the Narrative of African American/Black Fathers and Families

UPCOMING DATES

- September 14, 2022*
- October 12, 2022*
- November 9, 2022*
- December 14, 2022*

Virtual meetings every 2nd Wednesday 6:30PM - 8PM

- Assistance for Black father/figures who support pregnant women or children 0-5 years old
- Loss/grief support services
- COVID-19 pandemic support
- Feeding the mind, body and spirit of fathers to support the African American/Black mother

Fathers/father figures of all ages raising African American/Black children are welcome!

Zoom Link:
<https://us02web.zoom.us/j/76034735732>

Contact LeHenry Solomon for more information:
fathersforabrighterfuture@gmail.com
424-223-2133



led by the South LA/South Bay African American Infant and Maternal Mortality Community Action Team

Expecting Fathers Group (EFG)



Black Infants & Families
A Los Angeles County AAPIH Prevention Initiative.
<https://www.blackinfantsandfamilies.org/dads>

DADS, GET READY FOR FATHERHOOD!

Sign up for the **Expecting Fathers Group for Black Dads**, and set your fatherhood goals with a group of soon-to-be Black fathers. Become empowered to advocate for yourself and your partner. Learn what to expect in each stage of pregnancy, how to activate a village of support for you and your partner, and how your involvement can lead to a more healthy and joyous birth for both your baby and your pregnant partner.

Join a community of support, and get access to the tools you need.

To Learn about upcoming dates and sign up for our Free Zoom workshops, please email: dmauldin@ph.lacounty.gov

TOPICS WE'LL COVER IN THE 5 EDUCATIONAL SESSIONS:

- Week 1** Orientation: Support your partners' pregnancy. Create a Birth Plan.
- Week 2** What to expect during labor and delivery.
- Week 3** Postpartum: Steps to take once baby is born.
- Week 4** Embrace responsibilities associated with infant care.
- Week 5** Encouragement: Resources / Bring it all together.

NOTE: SESSIONS START TUESDAYS @ 6:30pm



BLACK DADS MATTER. LET'S HELP EACH OTHER IN OUR FATHERHOOD JOURNEY.

Funded by the California Department of Public Health Perinatal Equity Initiative via the Los Angeles County Department of Public Health Division of Maternal, Child and Adolescent Health.

A group designed specifically for Black fathers that provides education, support and navigation tools for the prenatal, labor and deliver, postpartum and parenting periods.

Fathers can influence pregnancy outcomes through the support they provide birthing partners, encouragement for positive maternal behaviors, and through changing their own behaviors that might harm the development of the baby.



Expecting Fathers' Group Sessions

Session Format: 1 Hour to 1 hour 15 min.

1. Start each session with 5-10 mental health check-in and birthing partner check in.
2. 10 Min Interactive activity directly tied to the Leading topic.
3. 35-50 Min dedicated to delivering education on session topic and describe each period. Slide shows, handouts, role play, story sharing, guest speakers, videos, key terms, resource handouts, etc.
4. 5-20 min End each session with open forum discuss tied to education provided during session. (extra topics needing to be addressed can be tabled and possibly added to the Black Daddy Dialogue discuss, invited group participants to Black Daddy Dialogue.)

Session 1 – Prenatal - Pregnancy Support

- The Numbers:
 - Data on birth disparities
 - Data showing how father support positively impacts fetal development, birth weight, and preterm birth.
- The importance of emotional, physical and advocacy support :
 - Advocacy Support- presence in prenatal visits. Support in house or with preparation for baby. Filling in parenting needs if other children are involved.
 - Emotional and Environmental Support – environmental exposures of birthing partner, environmental stressors, emotional support tools (being present, listening)
- Birth Plan:
 - Sample birth plan.
 - Encourage participation in creating or awareness of birth plan.



Expecting Fathers' Group Sessions (cont)

Session 2 – Labor and delivery

- Water breaking, contractions, delivery, preparation for returning home with baby.
- Possible outcomes-preterm/Newborn Intensive Care Unit (NICU)
- Support and advocacy for birth plan during delivery.
- Preparing emotionally – Hopes, expectation, concerns.

Session 3 - Postpartum - Emotional Wellness

- Mental Health
- Explain Postpartum Depression in mothers/partners
- Postpartum Depression for fathers
- Tools for emotional wellness
- Behavioral health concerns
- Important steps during postpartum
- Breastfeeding support + resources (further explored in session 4)
- Social support resources for new parents



Expecting Fathers' Group Sessions (cont)

Session 4 – Parenting/Infant Care

- Caring for infant:
 - The importance of being involved and engaged in the care for the infant swaddling, diapers, clothing, feeding, crying, safe sleeping etc.
- Explore changes in responsibilities:
 - Being with child, understanding 24/7 care and attention in needed now.
 - Mental adjustment to responsibilities to caring for child and support of new responsibilities of partner in caring for new baby.
- Skin to skin baby bonding for Father
- Breast Feeding Support:
 - Breastfeeding benefits (if family chooses)
 - How father positive influence on breastfeeding.
 - Resources for support

Session 5 - Recap

- Recap all learned info.
- Encourage personal research – Staying informed.
- Encourage Communication with birthing partner – Working together!
- Encourage transition to Black Daddy Dialogue.
- Self-Mental Health Check in with fathers.



What Is a Doula?

Doulas are professional childbirth companions. We provide physical and emotional support, education, and advocacy during pregnancy, labor and birth, and the postpartum period.



“

(To me), being a doula means: honor, support, education, sacredness, dedication, listening, affirming, reiterating forgotten thoughts, building community, joy, resiliency, being a voice for the voiceless, and much more.

”

- Mercedes Johnson



What is a doula?

A *birth doula* is a companion who supports a birthing person during labor and birth. Birth doulas are trained to provide continuous, one-on-one care, as well as information, physical support, and emotional support to birthing persons and their partners.



Doulas are not medical professionals. They do not:

Perform clinical tasks such as vaginal exams or fetal heart monitoring

Give medical advice or diagnose conditions

Make decisions for the client (medical or otherwise)

Pressure the birthing person into certain choices just because that's what they prefer

Take over the role of the partner, support person, or family member

Catch the baby

Change shifts (although some doulas may call in their back-up after several, several hours of continuous labor)

Why doulas?

Access to continuous labor support from a doula is especially vital for birthing people of color. Black women experience higher rates of death, poor birth outcomes, including higher rates of cesarean, preterm birth, low birth weight, preterm loss and infant death (Thomas et al., 2017).

Evidence shows that continuous support can decrease maternal deaths, preterm birth, risk of cesarean, use of medications for pain relief and labor augmentation, and length of labor. Doula support can increase chance of a spontaneous vaginal birth, breastfeeding initiation/duration, and maternal satisfaction with birth experience.

AAIMM Doula support provided

Prenatal visits (3)	Available to clients throughout pregnancy	Continuous labor and delivery support	Postpartum visits (3)
<ul style="list-style-type: none">Preparing for birthSigns of laborNavigating the medical system/staffInfant feeding	<ul style="list-style-type: none">Questions; InformationProvide support outside of scheduled visits	<ul style="list-style-type: none">On-Call 24/7Golden hour	<ul style="list-style-type: none">Infant feeding/breastfeedingInfant daily care & safetyBonding activitiesConnecting to local resources/peer supportMaternal mental health (screening, referral)

Client Eligibility

- Black birthing families in LA County
- 18 or older/foster youth
- No insurance, income or gestational age requirement



**Doula, agency, clinic, hospital,
organization, and self referrals
accepted**

MEET THE AAIMM DOULAS



AAIMM Doula Program Contacts

Ashley Skiffer-Thompson, MBA, Doula, CLE
askiffer-thompson@ph.lacounty.gov

Nakeisha Perkins-Robinson, MA, LMFT
Nperkins-robinson@ph.lacounty.gov

Ariana White, MSW, CLES
awhite@ph.lacounty.gov

Helen O'Connor, MSPH, MA, LES
hoconnor@ph.lacounty.gov

Email referrals: AAIMMDoulas@ph.lacounty.gov



Thank you!

A JOYOUS AND HEALTHY BIRTH TAKES A VILLAGE.

Join us in the fight to end black mom and infant deaths in LA County.



LA Partnership for Early Child Development
AAIMM Steering Committee and Community Action Teams

FIND OUT MORE:
BlackInfantsAndFamilies.org