

Rooted in Strength



“Striving for birth equity through unity and empowerment.”



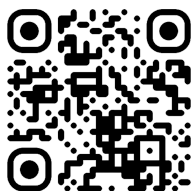
Your Black Birth Journey. Because you, your health, your story, your voice, your safety, and your spirit matter.

Learn more scan QR:

Funded by:



**Kern Family
Health Care®**



www.kernbimhi.com

SIS, DID YOU KNOW?

These tips can help you and your baby stay alive and healthy.

Know Your Risks: Black women are more likely to have serious complications during pregnancy and childbirth.

Speak Up for Your Health: Your voice is important! Ask questions, share concerns, trust your instincts, and advocate for yourself. Speaking up helps ensure your safety and your baby's well-being.

Learn and Prepare: Learn about what you and your baby need during pregnancy. Find a provider who listens to you, respects you, and supports your care.

Build Your Support System: Bring someone you trust to appointments when possible. Family, friends, and community members can help support and encourage you through pregnancy.

Use Community Resources: Local programs like Black Infant Health provides support, education and connections to helpful resources.

Honor Yourself: Your experiences matter. Take care of your mind and body, and seek the quality care you deserve.

Make Time for Medical Appointments: Prenatal visits are more than just a check up. They help build trust with your healthcare provider to find problems early and support a healthy pregnancy.

Use these tips to help you feel confident, informed, and supported throughout your pregnancy. Surround your baby with love, strength, and care from the very beginning.