



Black Maternal Health Week

April 11-17, 2021

BLACK MOTHERS DESERVE IT ALL

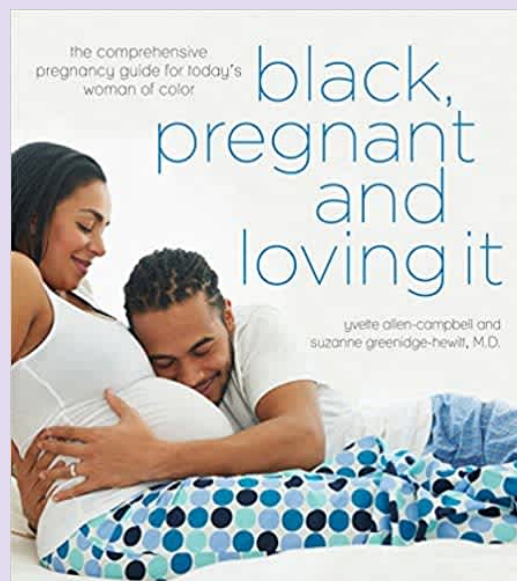
“Let’s list racism as a modifiable risk factor for poor maternal health outcomes. When we can do that, we can work together to dismantle it.”

~ Dr. Joia Crear-Perry

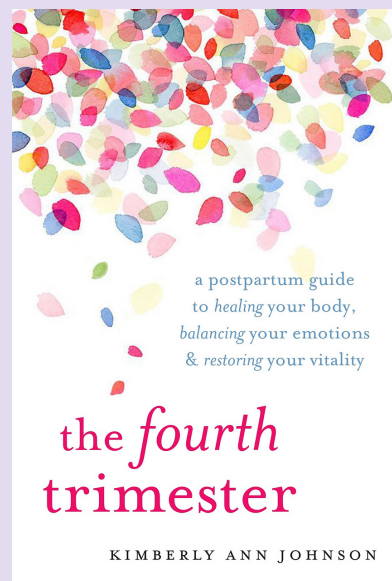
Resources Curated by [Parent Self-Care](#)



Books



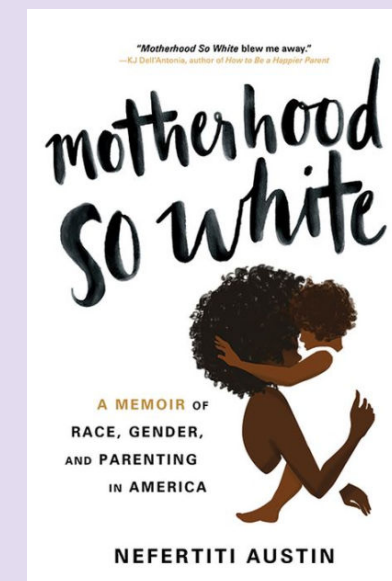
Yvette Allen-Campbell
+ Dr. Suzanne
Greenidge-Hewitt



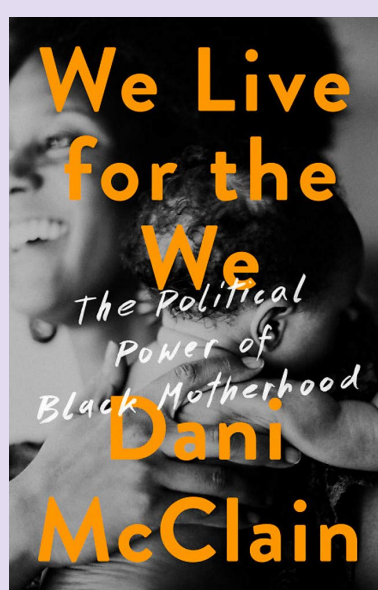
Kimberly Ann
Johnson



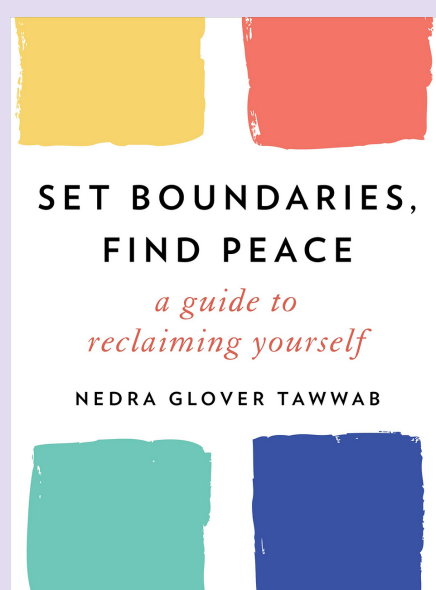
Domiana Ndour



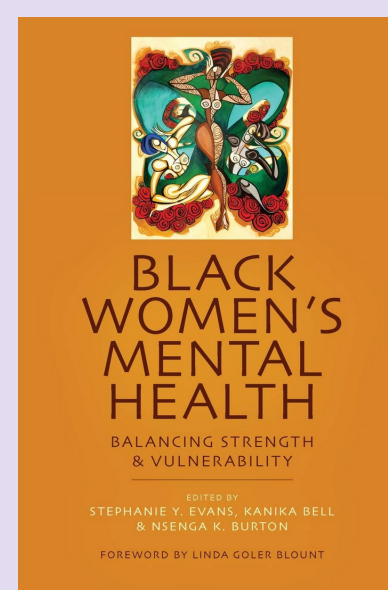
Nefertiti Austin



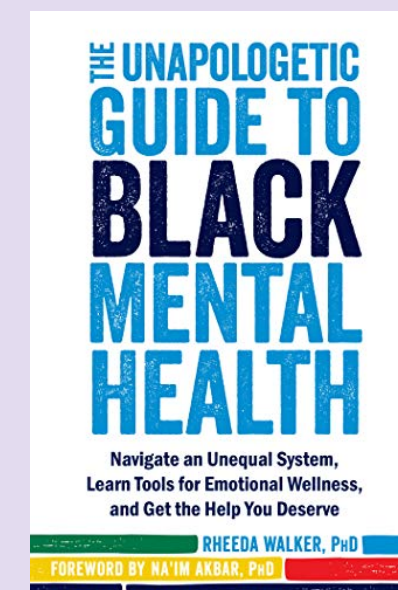
Dani McClain



Nedra Glover
Tawwab



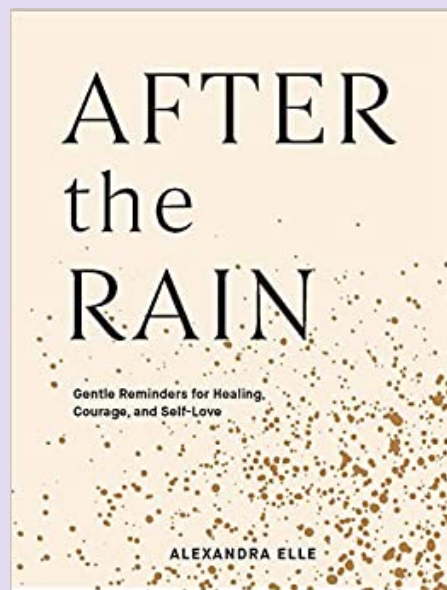
Kanika Bell, Nsenga K.
Burton + Stephanie Y.
Evans



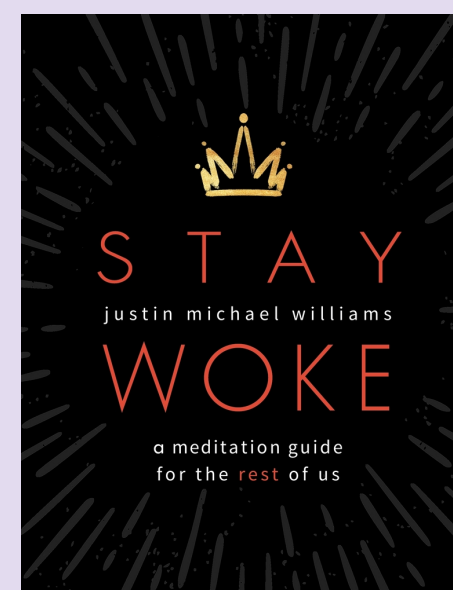
Rheeda Walker, Ph.D.



Jessamyn Stanley



Alexandra Elle



Justin Michael
Williams



Lalah Delia



Many of these recommendations
are from Cassandra Dunbar, M.D.'s
shop on [Bookshop.org](https://www.bookshop.org). Purchase
most of these books there!

Resources Curated by Parent Self-Care



Black-Owned Wellness + Motherhood Companies



[Scents by Skybox](#)



[Poetic Black Curl](#)



[AH Lip & Body Butter](#)



[Sukie's Candle Co.](#)



[Lauren Turner
stationery](#)



[Love Notes custom
blended fragrances](#)



[Self-Care journal by
Michelle White](#)



[The Ally League Black
Boxes](#)



[Boss Mom Nation for
apparel](#)

Resources Curated by [Parent Self-Care](#)



Instagram



[@BlackMamasMatter](#)



[@2020_Mom](#)



[@NationalBlackDoulas](#)



[@JaiOliveWellness](#)



[@MotherandEarthDoula](#)



[@BeWellSis_Podcast](#)



[@KrissysCouch](#)



[@DrAngelMontfort](#)



[@TheeMelanatedMama](#)



[@Raising.Resilience](#)



[@Momfully.You](#)



[@The_BreakthroughMama](#)



[@BrighterDaysPerinatalCtr](#)



[@TheNurseNote](#)



[@SocialJusticeParenting](#)



[@BossMomNation](#)

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Self-Care Instagram Accounts



[@NedraTawwab](#)



[@TheGMichelle](#)



[@FleurdelissSpeaks](#)



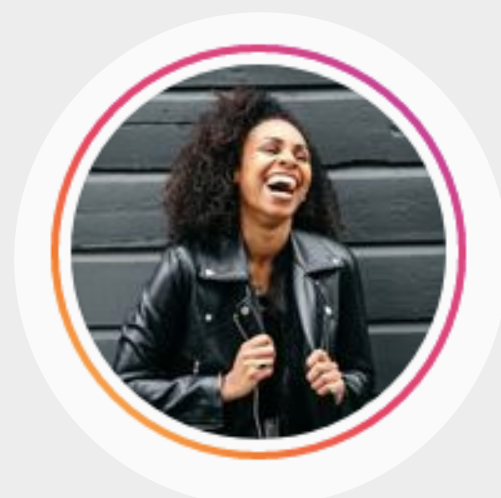
[@Kimberly_Felix](#)



[@BlackGirlsCanHeal_](#)



[@WildSuga](#)



[@IAmRachelRicketts](#)



[@InWellth](#)

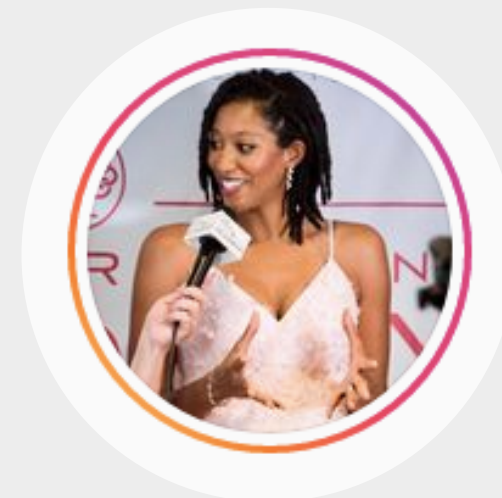
Online Courses + Community



Parenting classes with Dr. Anne-Louise Lockhart



Momfully You exclusive content + community with Chastity

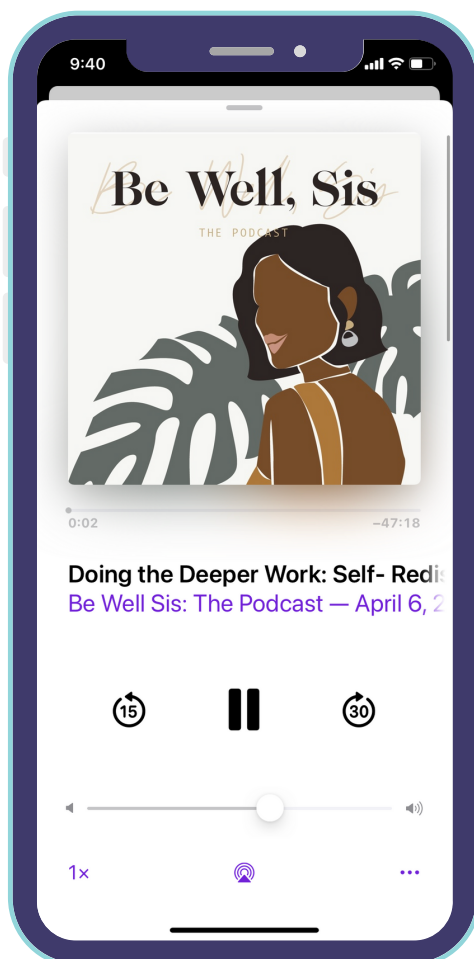


Group coaching for moms with Domiana Ndour

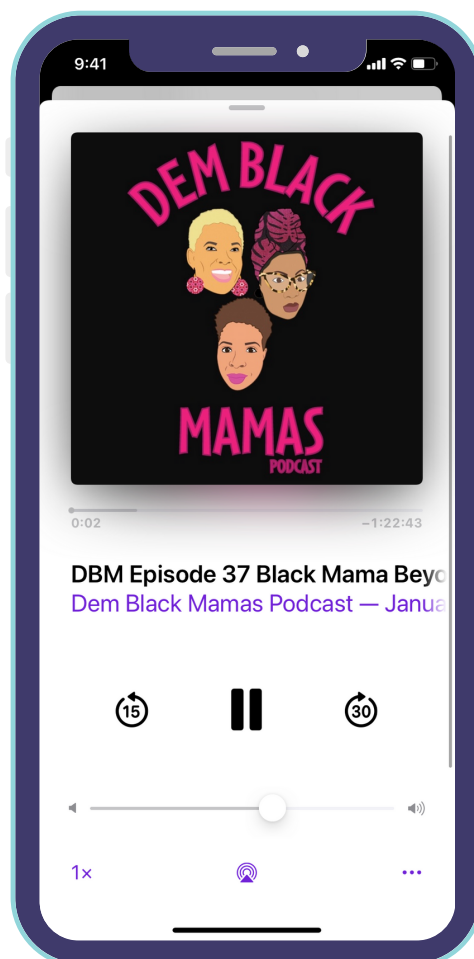
Resources Curated by [Parent Self-Care](#)



Podcasts



[Be Well, Sis](#)



[Dem Black Mamas](#)

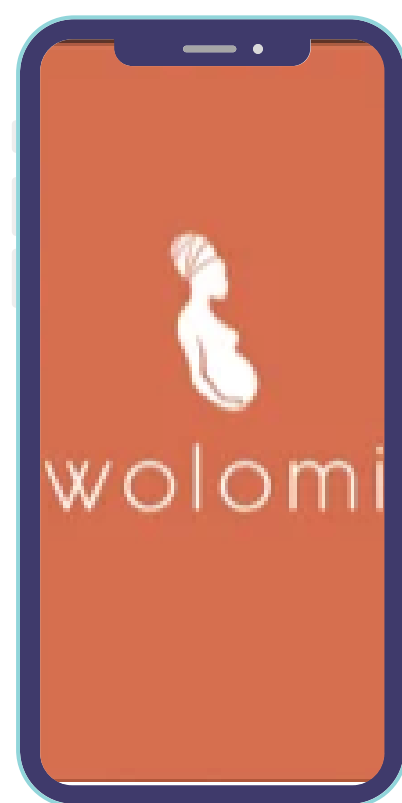


[Natal Stories](#)

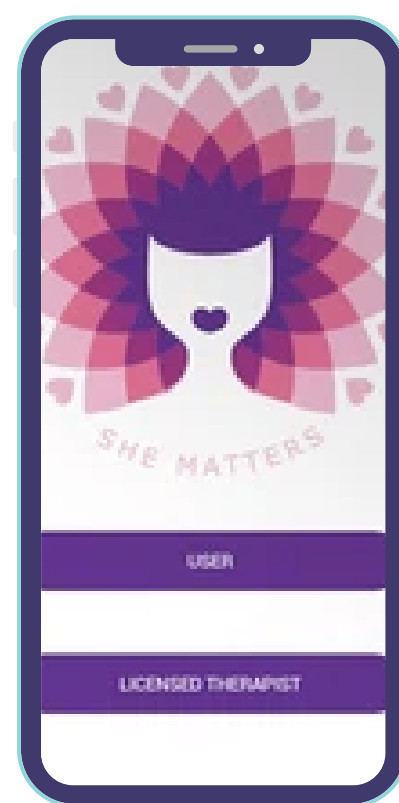


[Birth Stories in Color](#)

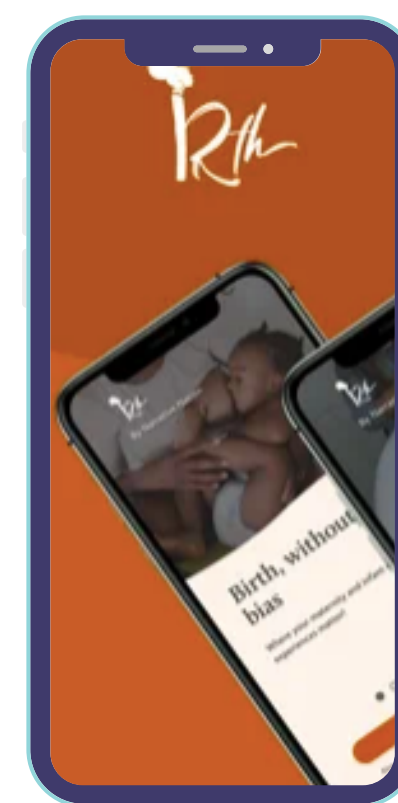
Apps



[Wolomi](#) for pregnant or new mothers of color



[She Matters](#) for resources and therapists who understand Black culture



[Irth](#) to find providers that have been vetted by Black and brown women

Resources Curated by [Parent Self-Care](#)

