

# Breastfeeding Resources for Black Moms

## Books

1. **Transitions: 4<sup>th</sup> Trimester Journal**  
by Janet Williams, DNP, MSM, CNM
2. **Oh Sis You're Pregnant: The Ultimate Guide to Black Pregnancy & Motherhood**  
by Shanicia Boswell
3. **The Big Let Down: How Medicine, Big Business and Feminism Undermine Breastfeeding**  
by Kimberly Seals Allers
4. **The Melanated Milkway Breastfeeding Guide**  
by Shaquanna
5. **Skimmed: Breastfeeding, Race and Injustice**  
by Andra Freeman
6. **Free to Breastfeed: Voices of Black Mothers**  
by Valrie Logan

## Websites

1. [herstoryinc.org](http://herstoryinc.org)
2. [matermea.com](http://matermea.com)
3. [blackmomsbreastfeeding.com](http://blackmomsbreastfeeding.com)
4. [breastfeedingrose.org](http://breastfeedingrose.org)
5. [aabnetwork.org](http://aabnetwork.org)
6. [blackbreastfeedingweek.org](http://blackbreastfeedingweek.org)
7. [motherlab.org](http://motherlab.org)
8. [irthapp.com](http://irthapp.com)
9. [blackmamasmatter.org](http://blackmamasmatter.org)

## Social Media

### Facebook

1. Daddy Can Do: Dads of Breastfed Babies
2. Breastfeeding Support Group for Black Moms
3. Chocolate Milk Club

### Instagram

1. @melanatedmilkyway
2. @blackmomsdobreastfeed

## Videos

1. Teach Me How to Breastfeed
2. Breastfeeding While Black
3. The African American Breastfeeding Project

We are here,  
every step of the way.

