

# Birth & Racial Equity Advocate Skill-Building Session

**Brenda Reyes, RN, CLC**

*VP of Training & Curriculum*

*HealthConnect One*



Brenda Reyes is a bilingual registered nurse and certified lactation counselor. As the VP of Training & Curriculum for HealthConnect One (HC One), she has over 20 years of experience working with diverse organizations to create and implement peer support programs for birthing families. Her work centers and engages communities every step of the way. In 2020, her Op-Ed on Why Community-Based Doulas Are A Lifeline for Latinas was featured in HipLatina.com. Her work was also spotlighted in Prism and WellnessandGood.com article. Recently, she was also featured in Telemundo's Mujeres Imparables by Telemundo for her work in maternal and child health. In 2011 - 2012, Brenda worked on Communities Putting Prevention to Work and on Chicago's Healthy Places initiative and co-created Hospital Breastfeeding Toolkit for Illinois' State Perinatal Breastfeeding Quality Improvement Project. She led HC One's National Birth Equity Leadership Academy (BELA) Community Projects Initiative. Currently, she serves as HC One's representative to the United States Breastfeeding Committee (USBC). She has served as elected board member of USBC and National Association of Professional and Peer Lactation Support Providers of Color. She participated in the Center for Social Inclusion's National First Food Racial Equity Cohort; served as work group expert panel member of the World Breastfeeding Trends Initiative (WBTi) for the United States; and she is an Expert Panel Member for Food and Nutrition Service (FNS), Special Supplemental Nutrition Program for Women, Infants and Children (WIC), and Bread for the World Institute. She is currently leading the First Food Equity Project Initiative at HC One and participated in Sister Song Community Power-Building for Birth Justice Steering Committee. She is mother of three and is a frequent speaker on lactation, maternal and child health, racial equity, reproductive justice and supporting Black Indigenous People of Color & Latino birthing families.

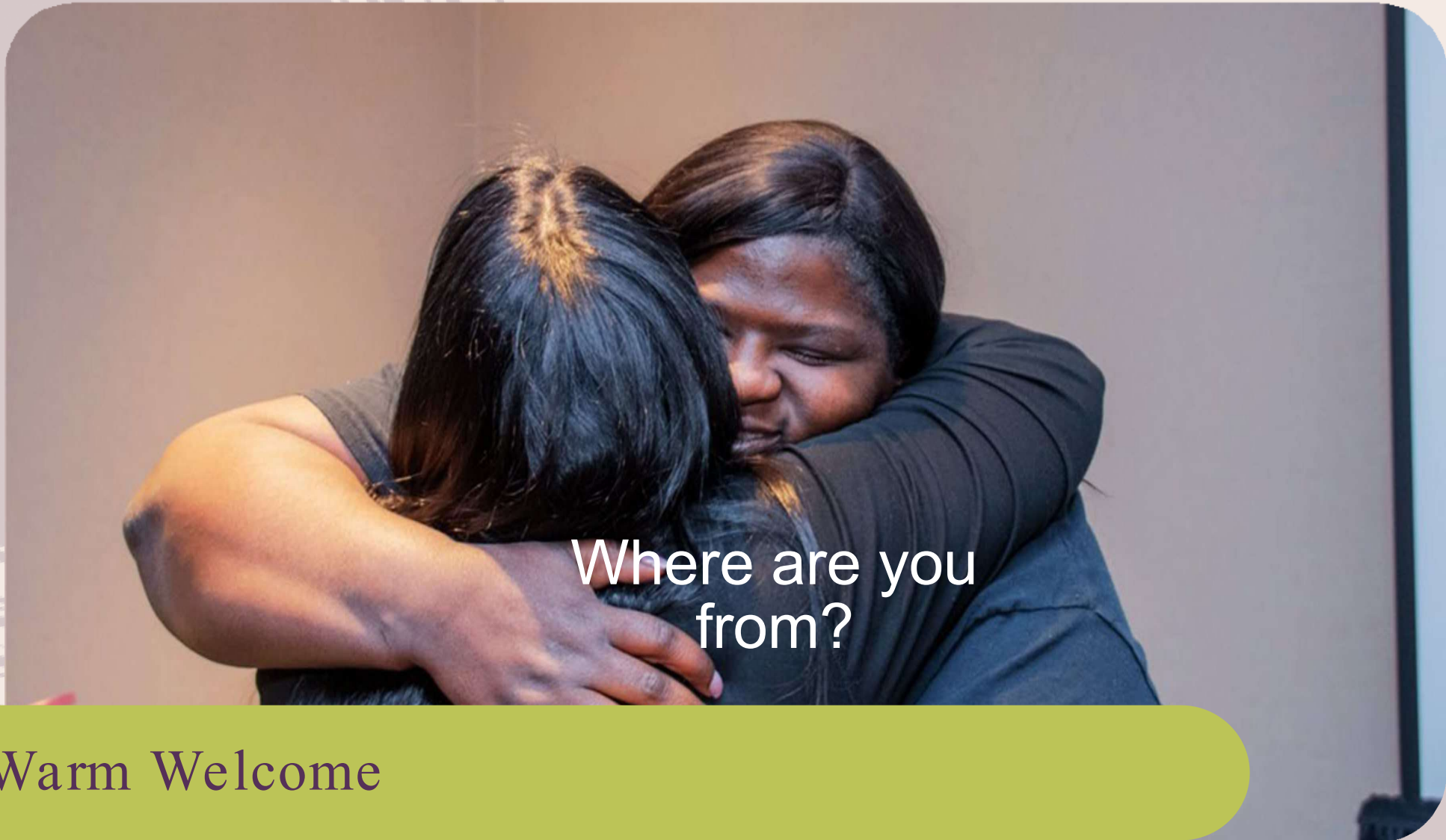
*Healthy Start Consumer Convening  
Hosted by the Healthy Start TA & Support Center at NICHQ*



# Healthy Start Consumer Convening Workshop: Birth & Racial Equity Advocate

Date: March 26, 2023

COMMUNITY-CENTERED • EQUITY-FOCUSED • COLLABORATIVE • ACTION-ORIENTED • RESPONSIVE

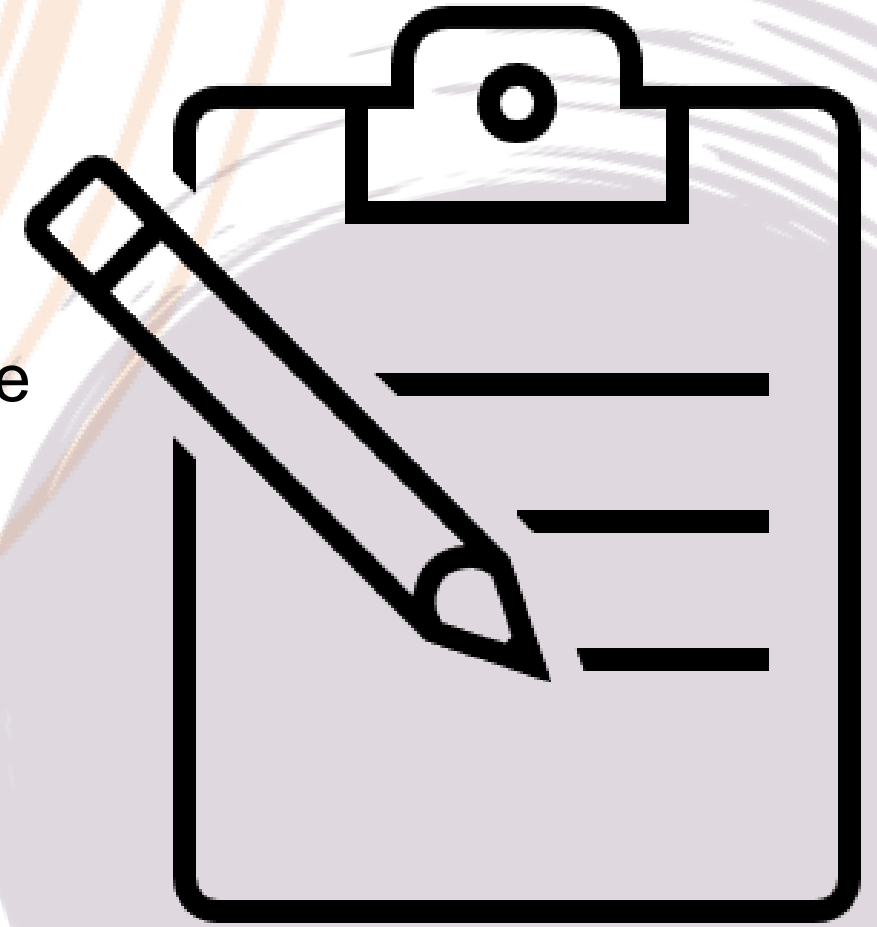


Where are you  
from?

Warm Welcome

# Agenda

- ❖ Warm Welcome
- ❖ Agenda & Objectives
- ❖ Group Agreement
- ❖ Attributes of a Birth & Racial Equity Advocate
- ❖ Practice
- ❖ Vision Activity
- ❖ Reflection
- ❖ Closing



# Objectives

1. Know 3 attributes of an advocate
2. Be able to celebrate ones' gift
3. Feel supported by group and excited



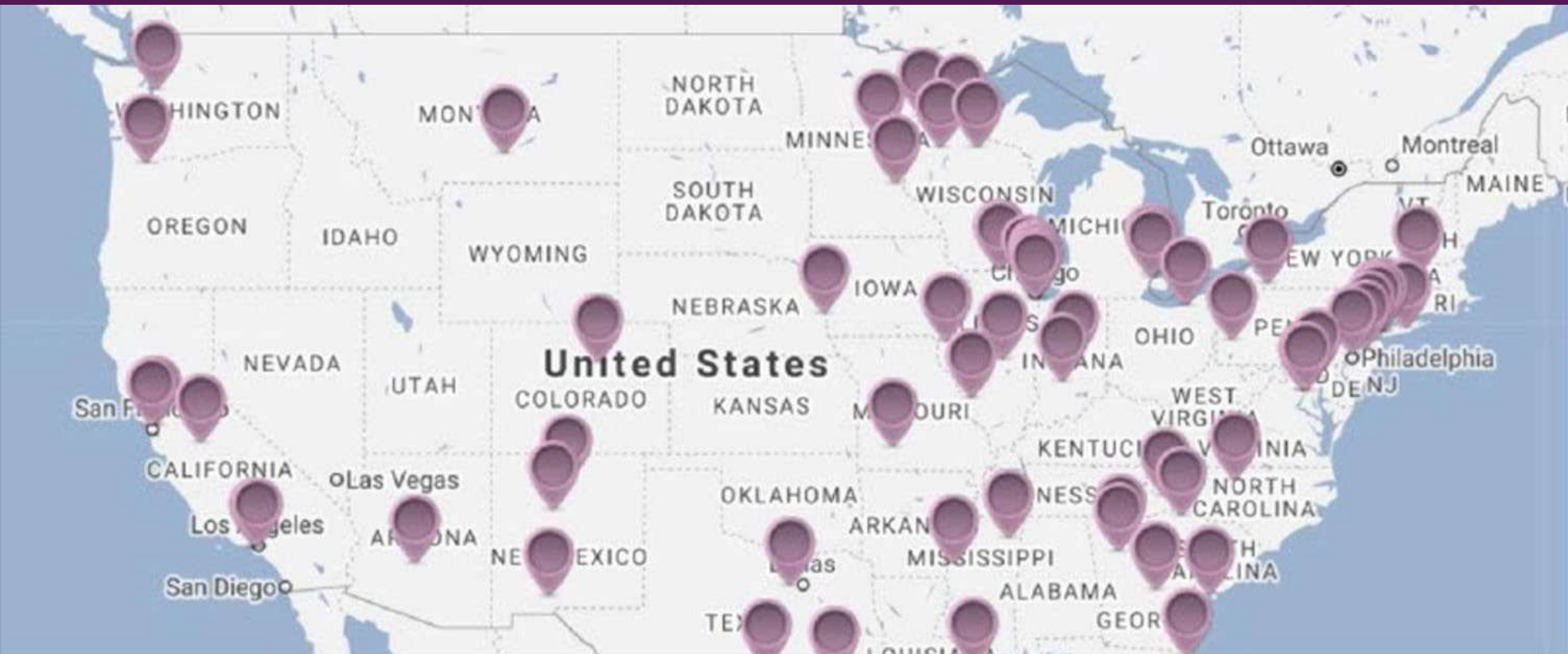


# HC One Team



# Our Work & Acknowledgements

We would like to acknowledge our appreciation for all the communities and partners that HealthConnect One (HC One) has collaborated with since 1986 that have contributed to our shared wisdom and the development of our training curriculum and programs.





# Group Agreements

- Keep an open mind
- Listen actively/reflect
- Think before reacting/Make no assumptions except assume best intentions/ask
- Accept responsibility
- Roll up and fall back – be aware of your privileges and the groups power dynamics – share space
- Reflect & W.A.I.T./W.A.I.N.T (Why Am I Talking/Why Am I Not Talking)
- Land the plane (in 1 min)
- We are All teachers and learners

# Group Agreements

- Use direct communication/Make “I” statements
- Practice comfortable participation – it’s OK to pass or say no
- Practice self-care, respectfully
- Say “Ouch” if safe space is infringed upon or you are offended
- Say “Oops” to acknowledge when you infringe upon safe space or offend someone
- Attack the problem not each other/challenge others with respect
- Respect confidentiality
- Have fun/laugh/enjoy your time together
- Turn electronics to silent or vibrate



We are co-learners, we learn from each other!

# What are the attributes of a Birth & Racial Equity Advocate?

# Advocacy



## BIRTH JUSTICE BILL OF RIGHTS

As a Black pre-conception, pregnant, birthing or postpartum person, I have the right to:

1. STAND AGAINST RACISM.
2. KNOW MY HISTORY AND RESIST INSTITUTIONAL RACISM.
3. HONOR MY VALUES.
4. EXPRESS MY CULTURE.
5. DEVELOP A NETWORK OF SAFETY AND SUPPORT.
6. REPRESENT MY BLACKNESS.
7. CARE FOR ALL MY IDENTITIES.
8. PROTECTION FROM VIOLENCE.
9. UNDERSTAND MY HEALTH.
10. RESPECT MY FAMILY STRUCTURE.
11. COMPREHENSIVE CARE AFTER I GIVE BIRTH.
12. SUPPORT FROM MY DOULA.
13. ACCESS TO EVERYTHING I NEED TO BE HEALTHY.
14. SUPPORT IN REDUCING STRESS.
15. INCLUSION IN THE DECISIONS THAT AFFECT ME.
16. ENSURE ACCESS TO ALL BIRTH CARE OPTIONS.
17. HONOR THE NATURAL BIRTH PROCESS.
18. SUPPORT MY BABY'S RIGHT TO HUMAN MILK.
19. GET A SECOND OPINION.
20. ADVOCATE FOR MY RIGHTS.
21. TIME TO HEAL AND BOND.
22. RECOGNIZE THAT MY BODY IS ALWAYS MINE.



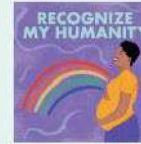
NATIONAL ASSOCIATION TO  
ADVANCE BLACK BIRTH

## Black Birthing Bill of Rights

At NAABB we believe that all Black women and persons are entitled to equitable, comprehensive, and quality pre- and postpartum care in order to achieve their full birthing potential and thrive during the childbearing years. The Black Birthing Bill of Rights serves as a resource for individuals to become knowledgeable of their rights as a Black person in need of maternal care. It also serves as guidance to engage hospitals, health providers, government health agencies and others to change/improve their ethic, policies, and delivery approach to serving Black women and persons throughout the birthing process.



I have the right to be listened to and heard.



I have the right to have my humanity recognized and acknowledged.

I have the right to be respected and to receive respectful care.



I have the right to be believed and acknowledged that my experiences are valid.



INFORM ME OF MY PAIN RELIEF OPTIONS

I have the right to be informed of all available options for pain relief.



I have the right to choose how I want to nourish my child and to have my choice be supported.

I have the right to early postpartum visits and individualized postpartum care.



I have the right to restorative justice and mediation to address obstetric violence, neglect, or other injustices.



I have the right to choose the family and friends that are present during my pregnancy, birth and postpartum care.



I have the right to receive accurate information that will allow me to give informed consent or refusal.

# Practice

**Share a story of when you needed to advocate for yourself? What happened? How did you feel?**

**What would you change?**

**What did you learn?**

**One person listens only the other person talks for 3 minutes then we switch . (The person listening can not asked questions or make comments)**

# Let's talk about it...



# Individual & Collective Vision





# QUESTIONS?



# REFLECTION:

- What stood out to you?
- How do you feel?
- One action you will take?



# Thank you!

Visit our website [healthconnectone.org](https://healthconnectone.org) for more information on our work!

Thank you for spending time with us! We appreciate you and the work you do!

- The HealthConnect One Team

 [HEALTHCONNECTONE.ORG](https://www.healthconnectone.org)

  [@HEALTHCONNCTONE](https://www.instagram.com/healthconnectone)



# Thank you!

*Healthy Start Regions 1, 2, & 3 Regional Meeting  
Hosted by the Healthy Start TA & Support Center at NICHQ*

NICHQ  
National Institute for  
Children's Health Quality

HEALTHY  
start  
TA & SUPPORT CENTER

