



Supporting Navajo families since 2008

AMANDA SINGER, DOULA, CLC

EXECUTIVE DIRECTOR

NAVAJO BREASTFEEDING COALITION



Disclosure

I HAVE NO FINANCIAL INTERESTS OR RELATIONSHIPS TO DISCLOSE

Who we are~

Navajo Breastfeeding Coalition~

- ▶ Founded in 2008
- ▶ Dine Doula Collective – founded 2019
- ▶ Navajo Nation and urban Indigenous communities
- ▶ Breastfeeding advocates, community elders, indigenous birth workers from the community, Birth Justice Advocates, and Reproductive Justice Advocates.
- ▶ Transitioning in 2024 to Navajo Birthworker Collective



Diné Families' throughout the Four Corner Region (NM, UT, AZ, CO)

SERVICES WE OFFER:

- + In-Person / Virtual Breastfeeding & Lactation Consultation**
- + Breast Pump Coverage at little to no cost**
- + Cultural & Spiritual First Sacred Foods Advisory**
- + Diné Birth Support Services (Full Spectrum)**
- + Ceremonial, Traditional Medicine, and Medical Referrals**
- + 'Returning to Work' Infant Feeding Consultations**
- + 'First Sacred Food' Breastfeeding Presentations**

Reach out to us:

dinenationbreastfeeding@gmail.com

<https://linktr.ee/navajoBFcoalition>



Scan Here



Mission statement

- ▶ Mission Statement – The mission of Navajo Breastfeeding Coalition is to improve the health of Navajo families by providing compassionate, unbiased, and accessible care to improving all birthing families and infant health through holistic traditional practices and to promote healing.



Our Work

- Normalizing human milk as a First Sacred Food.
- Re-introducing cultural birth workers on Navajo Nation with support from traditional practitioners and elders.
- Revitalize and preserve Navajo cultural prenatal, birth, postpartum, and infant feeding practices.
- Educate on harm reduction and trauma-informed care.
- Helping clients navigate socioeconomic barriers.
- Community outreach and education.
- To promote public policies that support cultural birth work.
- Creating Culturally congruent birth work and lactation education material.



Our Work cont'd

- ▶ Community based electric breast pump program to increase access for Navajo and other Native American parents.
- ▶ Breastfeeding Awareness campaigns
- ▶ Advocating for equitable access to maternal health care.
- ▶ Referral program
- ▶ Research Support
- ▶ Policy & Advocacy

WELCOME BABY CELEBRATION

THURS, APR 18 | FORT DEFIANCE, AZ
BEE HÓLDZIL FIGHTING SCOUTS EVENT CENTER





Join us for a special launch of our project
"Hozhó Through Body Feeding"



We will be dedicating this virtual launch to share Navajo cultural specific lactation and body feeding education and support!



Date: Friday, February 23th, 2024

Time: 5-7 PM (MDT)

via Zoom

Register Here!



HOW TO KNOW YOUR BABY IS LATCHING CORRECTLY:
'AWÉÉ' HAZHÓ'Ó ALT'O' SILI'GO DÍI BINAHJI' BEE BÉÉHÓZIN DOOLEEL.

<p>Deep Latch) Good Latch 'ónigo i'niilt'o'go</p>	<p>(Shallow Latch) Bad Latch doo hazhó'ó alt'o'go</p>
<p>Not touching breast 'é' biyaats'iin nibe' bidii'áadoo</p>	<p>The chin isn't against the breast awéé' biyaats'iin nibe' doo bidii'áagoo.</p>
<p>Mouth wide and open 'wéé' bizéé' niteelgo ayósingo 'chch'ah dooleel.</p>	<p>Baby is squirmy and distressed ne'awéé' náhoohghal dóo doo bitah yá'áhoot'ééh da dooleel.</p>
<p>Upper lip turned outward 'a' hwiyahjigii deesht'óshgo 'in dooleel</p>	<p>Unrhythmic suckling - Ne'awéé' t'áá na'nile'dii alt'o'go</p>
<p>Suckling is rhythmic 'wéé' nooltjił nahalingo alt'o'go.</p>	<p>Signs of cracked nipples, mastitis (clogged milk duct), sore nipples nibe' bilátah daashtlish dóo diniih doo dóo nibe' haaljídéé' dadini'éel doo.</p>
<p>Little tenderness is common when baby first begins to breastfeed. Following a normal feeding routine, suckling should not be painful. If so, please seek support from your local breastfeeding counselor.</p>	<p>Pain is a sign of a problem, breastfeeding pain may imply a poor latch. Jidiniihgo éi t'áá ha'át'ii shji'doo akót'éé da teh. Ni'dilt'o'go ááadóo neezgaigo éi awéé' nibe' doo hazhó'i yilto'igii yaa halne'.</p>

[1.] Goyal RC, Banginwar AS, Ziylo F, Tower AA. Breastfeeding practices: Positioning, attachment (latch on) and effective suckling - A hospital-based study in Libya. J Family Community Med. 2011;18(2):74-9. doi:10.4103/2230-8229.83372



Mother breastfeeding her child is very valuable

Awéé bimá yilto'go t'áá' ayisí ílj'



SKIN TO SKIN
AMÁ BE'AWÉÉ' ÁDILTXEEHGO

First feeding and attachment is important within the first hour of birth. This helps the baby and your body come in sync as you are producing milk and helps develop understanding as baby initiated feeding times.

Ajizhchjidoo bik'iji' awéé'chíhi abe' ts'idi altsé heelt'o'igii éi t'áá iidáq' hólq dóo dijéé' dóo dinitsoh.

The colostrum is nutrient-dense and contains high antibodies and antioxidants that will build a newborn baby's immune system in the body.

Awéé' t'áá bi'dichíhi bimá bibe' ts'idi altsé yidjihigii dóo bimá yéehodoosjilqii éi t'áá

Awéé'chíhi abe' ts'idi altsé heelt'o'igii éi hite'lie yaa hidviił d'áá hite'lie vish'ash

Under the Navajo Nation Healthy Start Act of 2008:

Section Three. Amendment of Title 15 of the Navajo Nation Code Chapter 8. Navajo Nation Healthy Start Act

- ☺ All employers are required to provide breast/chestfeeding individuals with a clean and private area near the workspace to engage in feeding your baby. This space should **NOT** be a bathroom.
- ☺ You are allowed a sufficient number of unpaid and flexible breaks within your workday to breast/chest feed or use a breast pump.
- ☺ If your employer and workplace is within Navajo Nation, your employer is required to reinforce a written plan that supports you during your hours of feeding your baby or utilizing a breast pump.



Remember it is your right to feel safe and supported as you nourish your growing baby!

For breast/chestfeeding support please reach out to us
 @dinenationbreastfeeding@gmail.com



OF VISION AWARDS 2023



Doula

“ A doula is a non-medical support person who provides emotional, physical, and educational support to a person who is pregnant, is experiencing labor, or has recently given birth. The doula’s purpose is to help people have a safe, memorable, and empowering experience. Some doulas have additional training that enables them to provide services to families across the full spectrum of reproductive choices and experiences including: preconception, abortion, miscarriage, stillbirth, and infant loss.” (Tewa Women United)

Research indicates that Doula Care improves birth outcomes and overall birth satisfaction; result in longer duration of breastfeeding, and reduce cesarean deliveries and preterm births, the use of epidurals, and overall facility costs. (Bold Futures)

Doulas are NOT Midwives



Potential Overall Outcomes

- ▶ Equitable access to birth choices and birth settings.
- ▶ Increased public acceptance of the benefits of breastfeeding and culturally congruent birth work.
- ▶ Increased behavioral change that results in increased rates of breastfeeding initiation/duration and reduced maternal and infant mortality rate.
- ▶ Revitalize and Normalize culturally congruent lactation education and Navajo cultural teachings on birth practices.
- ▶ Increase community understanding of the role of cultural teachings and cultural healing practices to improve overall health and wellness.
- ▶ Normalize using ceremony as a way of life to retain balance through Mental and physical healing by using traditional healing ceremonies.
- ▶ Meet the needs of lactating employees/parents by providing optimum support in community settings, hospitals, business etc.
- ▶ Increased acceptance of implementing Integrative Medicine as a vital form of patient care in healthcare systems.
- ▶ Increased education for Indigenous birthing families on informed choice/consent.





Recommendations

- ▶ Uphold, implement, and disseminate policies to increase community and provider awareness of Doulas. To eliminate friction and resistance from clinical providers. Community birth support providers have experienced a lack of respect. This friction and resistance decreases the potential for positive patient experiences and clinical outcomes.
- ▶ Uphold, implement, and disseminate policies that continue to recognize doulas as a professional support to a pregnant/laboring patient. Doulas should be counted as a professional support person NOT as a patient's visitor or non-professional support person within overarching policies.
- ▶ Uphold, implement, and disseminate policies that promote equitable access to diverse birth settings and prenatal care in urban and rural communities to decrease preventable maternal and fetal death.
- ▶ Equitable funding support to create a culturally congruent perinatal home visiting program similar to the CHW program.
- ▶ Equitable funding support for community organizations to expand their reach to help decrease severe morbidity and maternal & infant death.



Partners

- ▶ Bold Futures
- ▶ The New Mexico Foundation
- ▶ Dine College
- ▶ Saad'kidlye Language Nest
- ▶ Black Health New Mexico
- ▶ New Mexico Doula Association
- ▶ Arizona Department of Health
- ▶ Indigenous Women Rising
- ▶ Arizona Birthworkers of Color
- ▶ New Mexico Breastfeeding Task Force
- ▶ Bidii Baby Foods
- ▶ Tewa Women United
- ▶ Build the Fire Fund

References

- ▶ Perinatal Emergency Recommendations, Considering Disparities and Outcomes: COVID-19 and Beyond. 2020. <https://www.nmlegis.gov/handouts/LHHS>.
- ▶ Office of Health Policy. (2022, December). *Doula care and Maternal Health: An Evidence Review*. (HP-2022-24). U.S. Department of Health and Human Services. Assistant Secretary For Planning and Evaluation. aspe.hhs.gov/reports.
- ▶ Gruber KJ, Cupito SH, Dobson CF, Impact of doulas on healthy birth outcomes. *J Perinat Educ*. 2013 Winter; 22(1);49-58. doi: 10.1891/1058-1243.22.1.49. PMID: 24381478; PMCID: PMC3647727.
- ▶ Cidro J, Doenmez C, Sinclair S, Nychuk A, Wotke L, Hayward A. Putting them on a strong spiritual path: Indigenous Doulas responding to the needs of Indigenous mother and communities. *Int J Equity Health*. 2021 Aug 26;20(1):189. doi: 10.1186/s12939-021-01521-3. PMID: 34446010; PMCID: PMC8390212.

Contact information

- ▶ The Navajo Breastfeeding Coalition
- ▶ Email: dinationbreastfeeding@gmail.com
- ▶ Phone: 928-309-7558
- ▶ You can find us on Facebook under Navajo Breastfeeding Coalition
- ▶ Linktree: https://linktr.ee/navajoBFcoalition?utm_source=qr_code

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