



that way.
babies be born
healthy and stay
we can help more African American
By lending a hand and working together,
prevented.

Many of these deaths can be

We do not know all the reasons why, but we do know that African American babies are at increased risk for infant deaths. Researchers are trying to find more answers, but until we know more, there are things we can do to help.



- Crib death or Sudden Infant Death Syndrome (SIDS).
- Being born too small (less than 5 1/2 pounds);
- Being born too early (before 37 weeks);

The main causes of death for African American babies are related to:

Learn and share the facts

Too Soon...



Too Often...



Too Many...



On average, every nine hours a baby dies in North Carolina. And each year, more and more African American babies are dying before their first birthday – babies with so much potential. There are many ways **you** can lend a hand to help save a baby's life.



In North Carolina too many African American babies die or are born too early to lead normal, healthy lives. Did you know that African American babies are twice as likely as white babies to die before their first birthday?

It's true. When babies are born too sick to live a normal life, or die too soon, we all lose.



Children need support to grow healthy and strong. Their parents need support, too.

Getting started is easy.

Help a woman you know by providing:

- Emotional support to help relieve some of the stress of parenting;
- Physical support such as food and transportation;
- Spiritual support through prayers and other kind thoughts;
- Financial support to agencies that help families in need;
 - Community support by reaching out to and educating others about the importance of a woman's health before, during and after pregnancy.

We all have gifts and talents that can be used to help mothers, babies and families. Getting started is easy.



One Child, One Community



Healthy babies are good for communities. They grow up to work in businesses, raise families, and help communities keep their identity.

For more information, call:

1-800-367-2229
NC Family Health Resource Line
English and Spanish

TTY for hearing impaired:
1-800-976-1922



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One Child, One Community

Too Soon



Too Often



Too Many



African American babies are dying. We can help prevent this.

*What You Need to Know about
African American Families and Communities
Working Together for Healthier Babies*



One Child, One Community

Community Groups and Churches

- Ask your church, sorority/fraternity and community leaders to create programs and services that focus on women's health.
- Provide "mothers' morning out" programs so moms can get a break and have reliable child care.
- Volunteer in your church nursery.
- Have church members start a "baby basket," collecting baby items at services 3-4 times a year to give to new moms.
- Tell new mothers about African American stories and traditions.
- Encourage families to adopt healthy lifestyles.
- Organize a health fair and health screenings.
- Drive women to the doctor or church and community programs.
- Include new mothers and families in your prayers.

Family and Friends

- Share what you know. Talk to pregnant women in your life about what causes babies to become sick or die too soon.
- Help with daily errands, babysitting, shopping or housework.
- Do not smoke around pregnant women or babies.
- Visit often with pregnant women and new moms. Talk, see a movie together, or take a walk.
- Share a healthy meal.
- Drive women to the doctor and stay for the visit.
- Give special attention to pregnant women and new moms.
- Talk about ways to lower stress.
- Talk about the importance of exercise and manage weight concerns together.



Businesses

- Offer child care on site and a flexible work schedule to pregnant women and new parents.
- Provide employee health benefits.
- Make all offices and cafeterias non-smoking areas.
- Provide comfortable work space for pregnant women and nursing mothers.
- Include a private space to pump breast milk and refrigeration to store breast milk safely.

Co-workers

- Share snacks of fruit, nuts or fresh vegetables rather than junk food.
- Offer to go outside and walk during lunch.
- Let your co-worker know she can call on you for help.
- Be patient and understanding.
- Plan a baby shower.

Lend a hand - Help give our children a healthy start.