

STRONG

FAMILIES MAKE STRONGER
COMMUNITIES

support your breastfeeding partner

THAT BABY THE SIZE OF A GROWN MAN!

HEAVY AS ONE TOO!

AREN'T YOU MY LIL' LEBRON?
MAMA'S MILK GON' GET YOU
TO THE NBA. YES IT ISS...
YES IT ISS!



THE Equity LAB

These images and messaging are a brainchild of the Equity Lab, which is comprised of passionate and committed young African-American men who shared their insight during Ramsey County listening sessions.

These stories are their creations that were brought to life through powerful illustrations by Saint Paul artist, Mychal Batson (@MycDazzle).

Review all the artwork and find resources by scanning the QR Code below.

Resources

Breastfeeding is beneficial even if done for a short time. The milk a mother produces is custom made and provides everything the baby needs. Many resources are available to support parents, family and friends including:

- **Ramsey County:** www.strongblackbabies.org
- **La Leche League of Minnesota and the Dakotas:** www.llofmdas.org
- **Chocolate Milk Club:** www.facebook.com/groups/chocolatemilkclub
- **Minnesota Breastfeeding Coalition:** www.mnbreastfeedingcoalition.org
- **WIC:** www.ramseycounty.us/wic



More at
www.strongblackbabies.org