

TOGETHER NURTURING YOUNG MINDS

support your breastfeeding partner



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