

SUPPORTING INCARCERATED FRIENDS AND FAMILY THROUGH PREGNANCY AND LACTATION

Brought to you by the Milk Minute Podcast and Moira Tannenbaum, CNM, IBCLC, CCN



ENSURE THEIR HEALTH AND WELLNESS

Contact the state's breastfeeding coalition, local WIC offices, and prison doula initiatives.

Research the state and facility regulations regarding birth and lactation

Provide information about their right to express milk to their attorney.

Arrange for transportation and storage of expressed milk, or research who is able to provide that.

Secure healthcare prior to incarceration. Facilitate visits for dental, optometrist, gynecologist, or other necessary care

CREATE CONSISTENT SUPPORT ON THE OUTSIDE

Learn the rules at their facility: visitors, commissary, packages, etc.

Communicate on a regular schedule, be dependable.

HELP THEM STAY CONNECTED WITH THEIR CHILDREN

Bring baby to visit so they can breastfeed, even if its only weekly.

Help older children visit and communicate with their incarcerated parent.

Give them regular updates on baby! Milestones, doctor's visits, what new foods they tried - nothing is too insignificant.

