

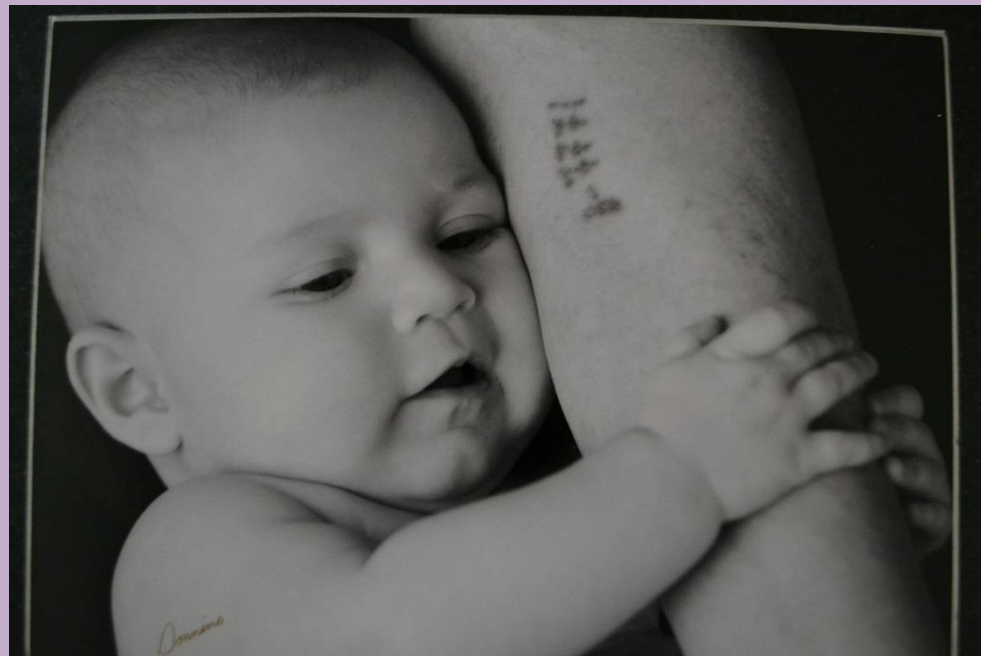
# CULTURE, TRAUMA AND BREASTFEEDING

How it is all  
connected

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# WHAT IS TRAUMA?

- A deeply distressing or disturbing experience
  - Trauma is relative
- Intergenerational Trauma-  
the transmission of  
historical oppression and  
its negative consequences  
across generations
  - First documented in  
Holocaust survivors
  - Documented in other  
communities as well



# HOW IS TRAUMA PASSED TO THE NEXT GENERATION?

- Cortisol is one of our primary stress hormones
  - What happens when faced with a stressful event?
- With PTSD rather than return to normal those levels crash
- This is then imprinted on the DNA
- Why would we pass this on to our children?
  - Is there a benefit?
- 9/11 Study
- Trauma has a deep connection to physical illness
- This is a soul wound
- Resilience can also be “switched on” by a traumatic event

# INFANT MORTALITY RATES

- **Unnatural Causes (PBS)**

- **Looked at African American mothers**
- **Higher infant mortality rates**
- **When we control for SES, education, etc. Black babies are still at risk in their mother's womb**
- **African immigrants**
  - **All it takes is one generation**

# A STORY ABOUT A TWO MOTHERS IN SEATTLE





**Grandmother Jumoke**



**Baby Yola**  
**Mama Nadiri**



# HOW DOES THIS RELATE TO HUMANS?

- Seeing mothering, seeing affection, seeing breastfeeding matters
  - Camie's family herstory
    - Great Great Grandmother
    - Great Grandmother
    - Grandmother
    - Mother
  - Arizona and Ohio Zoo
- We can reclaim, relearn and re-integrate these practices

# BREASTFEEDING HEALS

- Oxytocin
- Connection
- Power
- Independence
  
- Breastfeeding is a “weapon of mass construction”.



# ALL MOMS WANT THE SAME THING

- Desire to feel they are good moms
- Having a strong family
- Wanting her child to like/love her
- Making her children happy
- Feeling successful

# CARING FOR THESE FAMILIES

- How much does the trauma actually matter?
- Which brings us to us.
  - “People will forget what you said. They may forget what you did. But they will never forget how you made them feel.”
- It is important that families feel secure with us.
  - Security is trust in the possibility of goodness and that even when bad things follow good things follow.
  - “I am here and you are worth it.”
- Healing is transmitted

# BOBBY HUGGINS



This is the image most people have  
Of Bobby Huggins





WEST VA 48

DUKE 63

2ND 9:04

NCAA CBS

# THANK YOU!

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