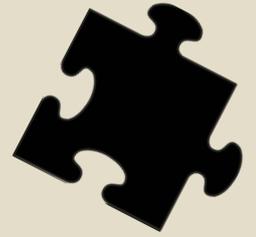




DISCUSSION GUIDE FOR



BIRTH IN PIECES

A 2019 DOCUMENTARY FILM BY
EL JARDIN BIRTH & FAMILY

1. According to a 2017 NPR/ProPublica investigation, maternal mortality is dropping in every other wealthy country (and many less affluent ones). Yet, in the US maternal deaths rose from 2000 to 2014.

The research shows stark racial disparities when it comes to maternal mortality: *African American women are more likely to die from pregnancy-related causes than women in any other ethnic or racial group.*

We acknowledge that systemic racism plays a role in maternal health outcomes. In what ways is obstetric violence tied to racial discrimination during the prenatal, birth and postpartum stages?

2. According to research by Dr. Kathleen Kendall-Tackett, *27% of moms, over 1 out of 4, suffers post-trauma symptoms after birth.*

What are we doing in our communities to recognize and support those who have experienced birth trauma? Consider your profession or your experience (academic/personal), what recommendations do you have to lower the rates of birth trauma experienced by birthing people and their families?

Sources:

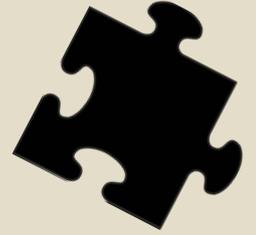
Kendall-Tackett, Kathleen, PhD, IBCLC, RLC, FAPA, "Childbirth-Related Posttraumatic Stress Disorder: symptoms and impact on breastfeeding," pp 51-55, in *Clinical Lactation*, Vol. 5, Issue 2, 2014, Online ISSN: 215-0537

Kendall-Tackett, Kathleen, PhD, IBCLC, RLC, FAPA, "Childbirth-Related Posttraumatic Stress Disorder: symptoms and impact on breastfeeding," pp 51-55, in *Clinical Lactation*, Vol. 5, Issue 2, 2014, Online ISSN: 215-0537





DISCUSSION GUIDE FOR



BIRTH IN PIECES

A 2019 DOCUMENTARY FILM BY
EL JARDIN BIRTH & FAMILY

3. *Giving birth the US is costly. An average uncomplicated hospital delivery runs just over \$10,800. That doesn't factor in prenatal or postnatal care, and costs vary greatly by state.*

How is the US system of maternal healthcare failing the mother? Are there any redeeming qualities to the current model of care in the US, which is costly, has a high rate of birth trauma, and is disparate in terms of outcomes along racial lines?

4. *To shift the culture of birth in the US will take a substantial amount of work. What are concrete steps that can be taken on individual, community, and societal levels to improve birth and mental health outcomes?*

Other issues that viewers have brought up:

Healthcare providers experience birth trauma as well. How can their training be altered to create a safer and more supportive birth culture?

How do homebirths fit into the larger picture?

Birth in Pieces highlights the voices and experiences of birthing people living in the El Paso/Juarez region. What can be done in your communities to capture local stories, concerns, and highlight the areas where change is needed?



FOR INFORMATION ABOUT PURCHASING AND/OR
LICENSING THE FILM FOR A SCREENING, VISIT:
WWW.ELJARDINBIRTHANDFAMILY.ORG