**CHAPTER 9  
Dear Mama: Motherhood and Mothering in the Black Community**

**Question:** Wet Nurses

**Answer:** Lactating women who feed another woman’s child with the milk she is producing.

**Question:** Removing an egg from the woman’s ovaries and fertilizing it with sperm in a laboratory.

**Answer:** In Vitro Fertilization (IVF)

**Question:** Doulas

**Answer:** Trained professionals who provide support to mothers before, during, and after childbirth

**Question:** Child-Free

**Answer:** The choice of fertile women or couples not to have any children

**Question:** A collaborative pregnancy between intended parents and a surrogate woman; the surrogate becomes pregnant through an embryo transfer

**Answer:** Surrogacy

**Question:** Postpartum

**Answer:** The time after childbirth

**Question:** Four types of attachment styles

**Answer:** Preoccupied (anxious), dismissive (avoidant), fearful (disorganized), and secure (autonomous)

**Question:** Professionals who walk new mothers through the breastfeeding process

**Answer:** Lactation Consultant

**Question:** Contraception Desert

**Answer:** Situations in which the pharmacies Black women have access to are less willing to prescribe or distribute contraceptives, don’t provide culturally sensitive information, or engage in stigmatizing behaviors

**Question:** Weathering

**Answer:** The impact of constant racism stressors that lead to premature biological aging and poor health outcomes for Black people

**Question:** Mother-led societal and cultural constructs, representing an aspect of matriarchy, which is a system of society ruled by mothers

**Answer:** Mother-Centered Matrix

**Question:** Momnibus Act

**Answer:** Legislature aimed at combating maternal health disparities through investment in community-based programs and addressing related social determinants of health

**Question:** 1921 Sheppard– Towner Act

**Answer:** The law that resulted in the regulation of Black midwives in the South and a push to standardized medicine

**Question:** Sequence of events encompassing first day of menstrual period until first day of the next menstrual period

**Answer:** menstrual cycle

**Question:** Abortion

**Answer:** Also known as a termination, includes procedures to end a pregnancy. Surgical or procedural abortions involve removing the pregnancy from the uterus. Medication abortions, implemented through the use of pills, account for over 50% of all abortions.

**Question:** The regular discharge of blood and mucosal tissue from the inner lining of the uterus through the vagina; it signals the final stage in the process in which a woman’s body prepares for pregnancy. If no pregnancy occurs, the uterus lining is shed, leading to the discharge of blood and tissue through the vagina

**Answer:** Menstruation

**Question:** Smooth muscle tumors (usually noncancerous) that grow in the uterus from the muscle layers of the womb. Black women are three times more likely to suffer from uterine tumors caused by \_\_\_\_, contributing to negative reproductive health outcomes

**Answer:** Fibroids

**Question:** Premenstrual Dysphoric Disorder (PMDD)

**Answer:** A more severe form of PMS, PMDD is treated as a chronic medical condition. Symptoms are so severe that women have trouble functioning at home, at work, and in relationships

**Question:** Menstruation Joy

**Answer:** Positive and open attitudes toward menstruation that includes the provision of accurate education to better prepare girls. Includes celebrations and rituals to normalize menstruation

**Question:** Occurs when tissue around the uterus grows abnormally; this leads to the creation of cysts on a woman’s ovaries. It can also cause irritation of the surrounding tissue or scarring that can attach to reproductive organs; symptoms include pelvic pain, dysmenorrhea, infertility, and abnormal vaginal bleeding.

**Answer:** Endometriosis

**Question:** Period Poverty

**Answer:** Having to forgo menstruation care because of social and economic barriers. Not being able to consistently have secure access to menstrual hygiene products or services. Approximately 20% of Black women who menstruate experience this

**Question:** Premenstrual Syndrome (PMS)

**Answer:** The collective symptoms experienced by some women in the days immediately before menstruation. The most common symptoms reported are bloating, headaches, and moodiness.

**Question:** Infertility

**Answer:** Not being able to get pregnant (conceive) after one year (or longer) of unprotected sex. Six months of not conceiving is the timeline used for women over the age of 35.