

Reclaiming Birth

CREATING INNOVATIVE COMMUNITY-
EMBEDDED BIRTHWORK

FACILITATOR

ERICA GUTHAUS, RED BIRTH GREEN

-A DIVISION OF ROOTEAD

A bit about us



KAMA TAI MITCHELL
EXECUTIVE DIRECTOR
ROOTEAD

Rootead is reclaiming the village through cultural liberation by holding spaces for internal transformation, healing arts and birthing justice.

Red Birth Green started as the Rootead Doula Collective in 2016 as a way to address the staggering infant mortality rates of Black and Brown babies in Kalamazoo county. This is still one of our areas of passion and remains the reason why equitable access to the support you want and deserve is our driving mission.



ERICA GUTHAUS
DIRECTOR
RED BIRTH GREEN



There is still
work to do

- As of 2018, the national infant mortality rate was about 6 per 100,000, with local disparities ranging from 2.5 to 7 for Black and Brown infants.
- This issue is caused by poverty, racism in the medical industrial complex, lack of access to adequate prenatal care, and lack of access to resources and education for parents.
- August 2020 Racism is declared a public health crisis in many areas across the U.S.



Reclaiming Birth In Practice

can look like...

Restoring Humanity to the Space

We are all flawed humans! We will not always make the best assessment.

People Over Policy/Protocol

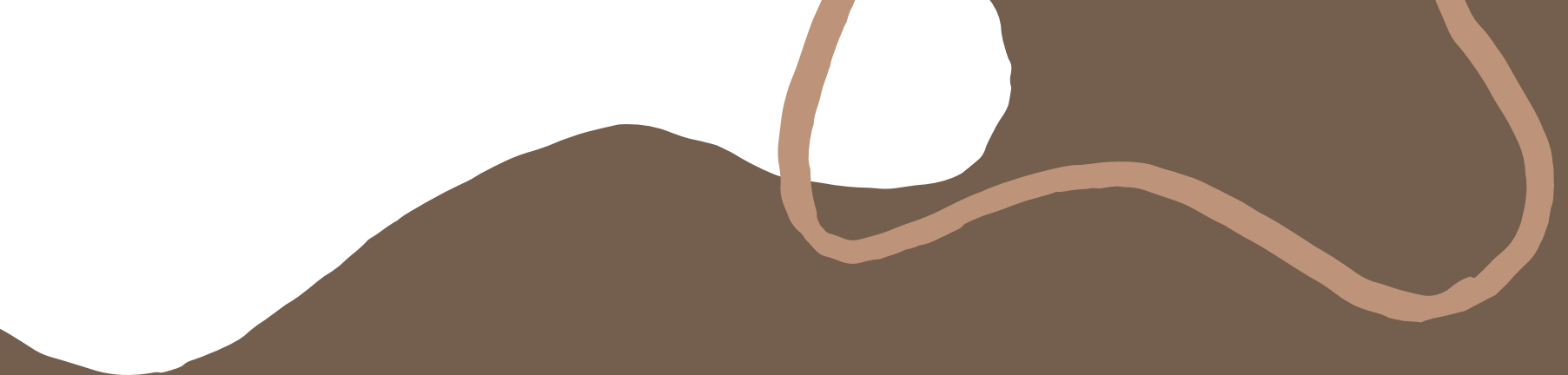
Polocies don't allow what's in the best interest of the people? RE-WRITE THEM.

Recognizing the Intersection of Grief + Trauma

Is this "the thing" or is this the symptom of "the thing"?

Holding Space for Healing

Slow down enough to hold the space. You might be the only person who has ever provided that option.



The power of the
great "Un-Learn"
What does that mean?

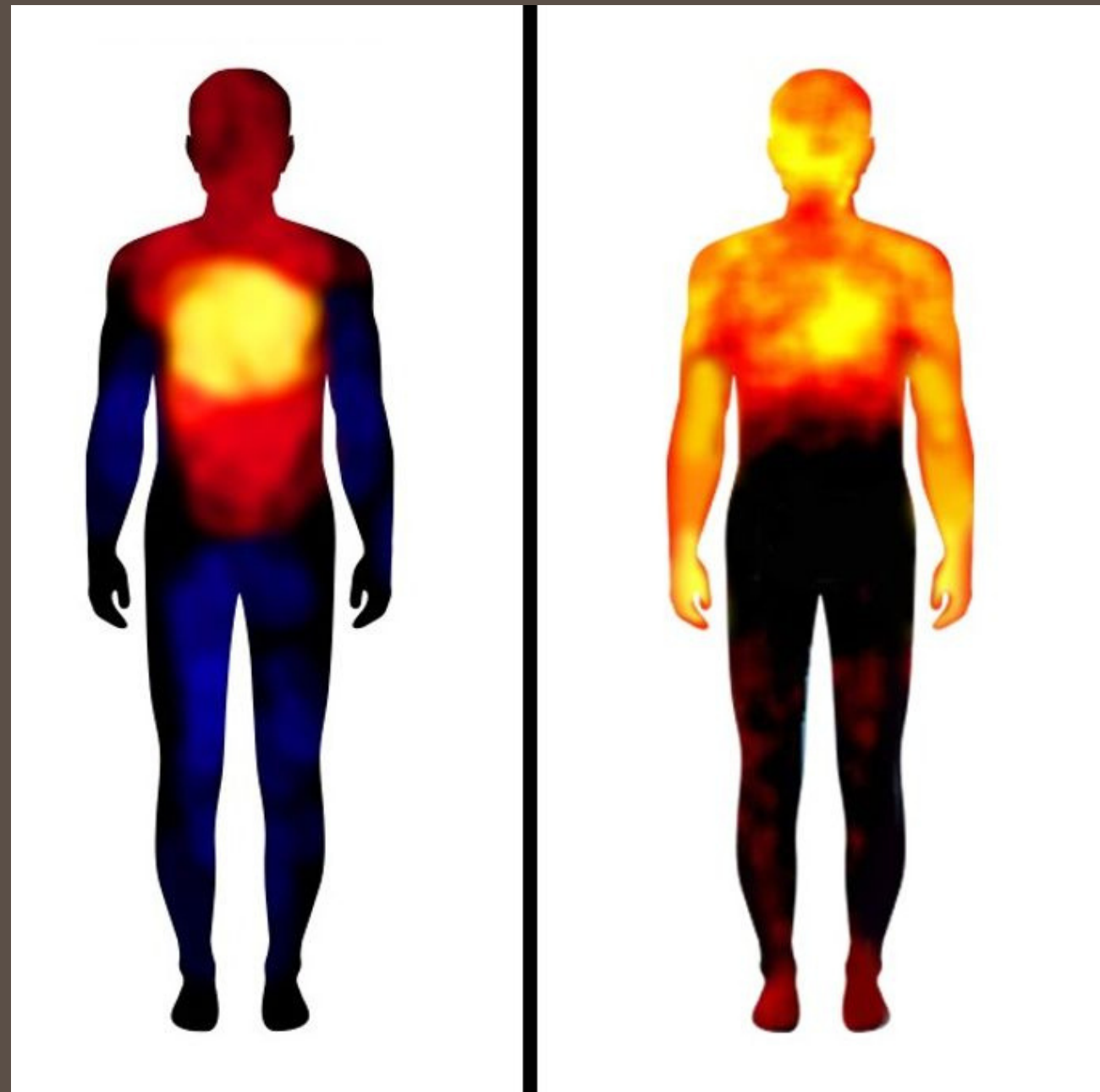
"The largest
challenge is
un-learning
everything
you have been
told to do and
be."

~Erica Guthaus

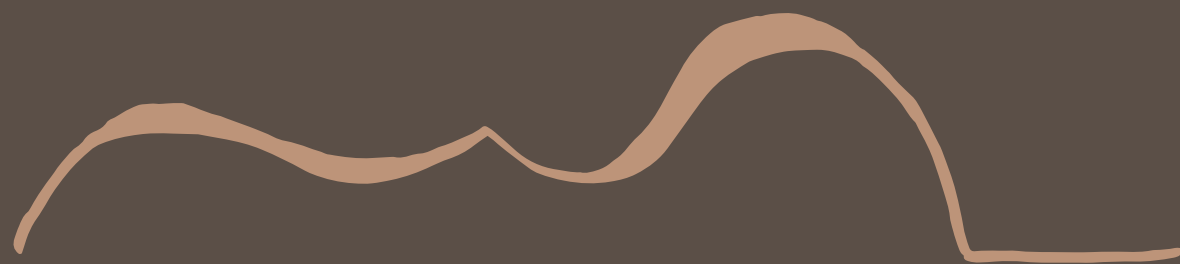


Let's scan together!

It is normal to feel tension in the body as we stretch and grow.
Where is this showing up for you?



What are you
feeling in your
body?





"They Had A Good Birth"

Need a place to start? Let's re-define GOOD and re-write the narrative!

HEALTHY PARENT?

HEALTHY BABY?

VAGINAL/PELVIC BIRTH?

FAST?

UNMEDICATED?



Go + Do!

We can all impact change

There is no one size fits all solution to the problem at hand. However, if we all commit to impacting change where we are planted, beautiful transitions are on the horizon.

