

African American Mother's



Wish List



- Offer me respect and support.
- Experienced moms – give me help and advice.
- Help me get good prenatal care.
- Help me find organizations that can provide the services I need.
- Give me useful gifts for my baby.
- Give me a seat on the bus.
- Allow me a day of appreciation: pampering, massage or pedicure.
- Encourage me to live a healthy lifestyle: no smoking, drugs or alcohol.
- Offer to take care of my children so I can rest.
- Prepare a nutritious meal for us.
- Teach me to make nutritious meals for my baby and me.
- Give us unconditional love.

**An initiative of the
African American Infant Mortality Coalition
of Beloit, Wis.**