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Celebrate Black Breastfeeding Week 2025—Here's How to Get Involved



Every year, the last week of August is dedicated to **Black Breastfeeding Week (BBW)** — a national campaign created to raise awareness, celebrate, and uplift Black families on their breastfeeding journey.

Why does this week matter? Because while breastfeeding has countless health benefits for both mother and baby, **Black women still face unique barriers** — from lack of culturally competent support to systemic inequities in maternal health. Black Breastfeeding Week was created to shine a light on these challenges while also highlighting the joy, strength, and community that comes with breastfeeding.



Find Support in Your Community

Looking for resources? These **Black-led breastfeeding organizations** are doing incredible work across the country to provide culturally centered guidance, safe spaces, and encouragement for Black mothers and families:

You May Also Like



Psoriatic Arthritis Can Feel Beyond Your Control. Consider a Different Direction. [Learn More Here.](#)

- **Golden Journey Empowerment**
[gjebreastfeeding](#) | @golden_journey_empowerment
- **BMBFA / Black Mothers Breastfeeding Association**
[blackmothersbreastfeeding.org](#) | @bmbfa
- **Michigan Breastfeeding Network**
[mibreastfeeding.org](#) | @mibfnetwork
- **Breastfeeding Center for Greater Washington**
[breastfeedingcenter.org](#) | @breastfeedingcenter
- **DC Breastfeeding Coalition**
[dcbfc.org](#) | @dc_bfc
- **Baby Café USA**
[babycafeusa.org](#) | @babycafeusa
- **NOLA Breastfeeding Center**
[nolabreastfeedingcenter.org](#) | @nolabreastfeedingcenter

✨ You can:

- **Find a virtual event** during Black Breastfeeding Week.
- **Locate an organization near you** for one-on-one support.
- **Learn more about Black maternal health**, a vital part of ensuring both moms and babies thrive

A Step Toward Health Equity

When we lift up Black breastfeeding, we're also addressing larger issues of **Black maternal health** and health equity. Support networks, trusted information, and culturally relevant care are all key to closing the gap in maternal and infant outcomes.

This Black Breastfeeding Week, take a moment to spread the word, share resources, or attend an event. Because every story, every mother, and every baby deserves to be celebrated.