

Working with Race and Culture in 0-5s Services

Dr Iyabo Fatimilehin - Consultant Clinical Psychologist and Chief Executive Officer of Just Psychology

Dr Eloise Wynter – Specialist Clinical Psychologist, Evelina Neonatal Unit and Cheshire and Merseyside Specialist Perinatal Service

Plan for the session

- The context of health inequalities
- Cross cultural parenting practices

Pregnant woman died after 'cultural bias' delayed care at Liverpool Women's Hospital

"Ethnicity and health inequalities impacted on the care provided to the patient, suggesting that an unconscious cultural bias delayed the timing of diagnosis"

Black women in UK four times more likely to die in pregnancy and childbirth

As new data released, campaigners ask why racial disparity in maternal mortality rates is so persistent

Figures show maternal death rate race disparity

NHS must do more to track and evaluate race inequalities in maternal health, says report

New research identifies gaps in ethnicity research in maternal care

Depression, anxiety, and stress frequently co-occur in Black pregnant individuals: Study

More deaths, worse care: inquiry opens into NHS maternity 'systemic racism'

The wider picture for ethnic minority families-taken from the MMBRACE report, 2022

Women from minority backgrounds are more likely to die in childbirth.

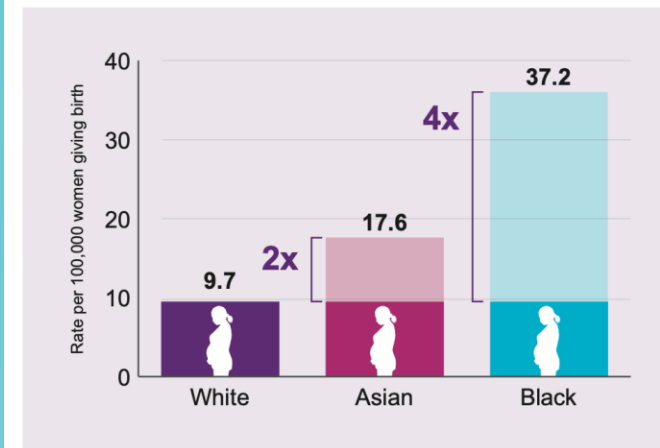
Higher rates of stillbirth in minority families.

Increased number of neonatal deaths in minority families.

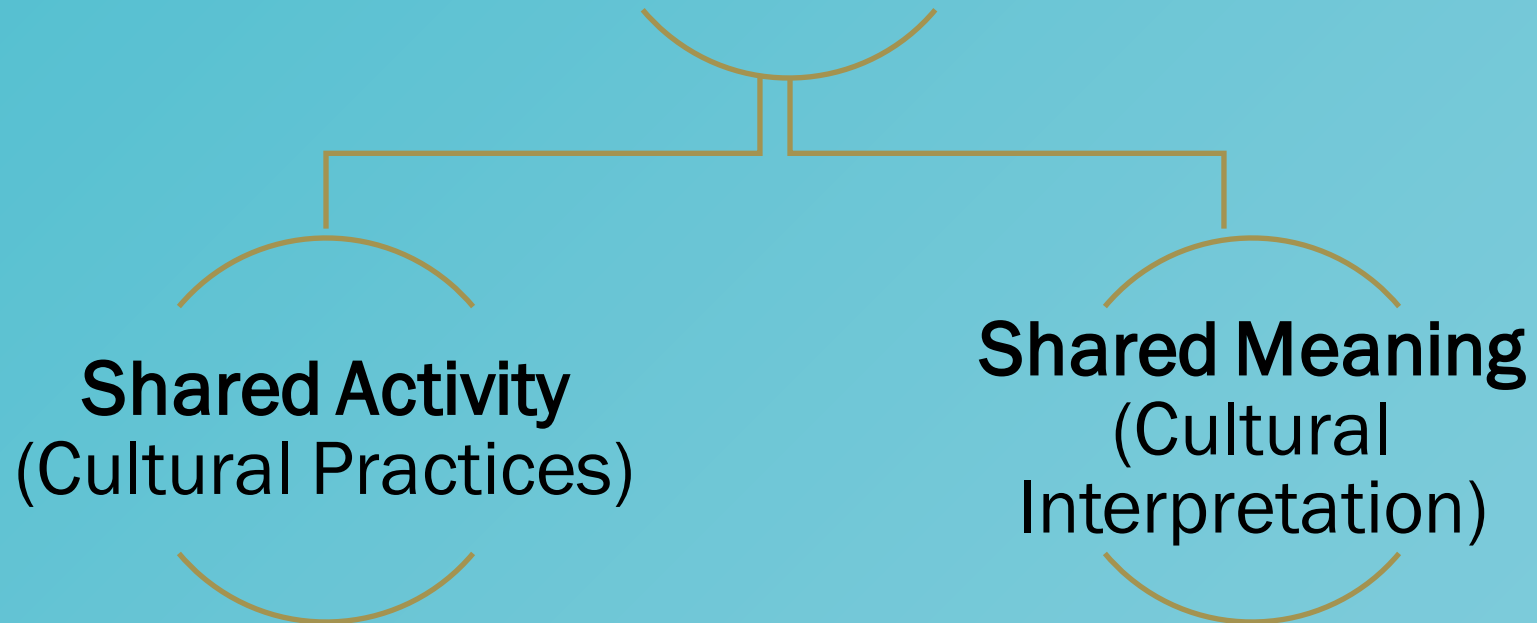
Poorer access to community mental health support for women from minoritised backgrounds.

Inequalities in maternal mortality

Ethnic group

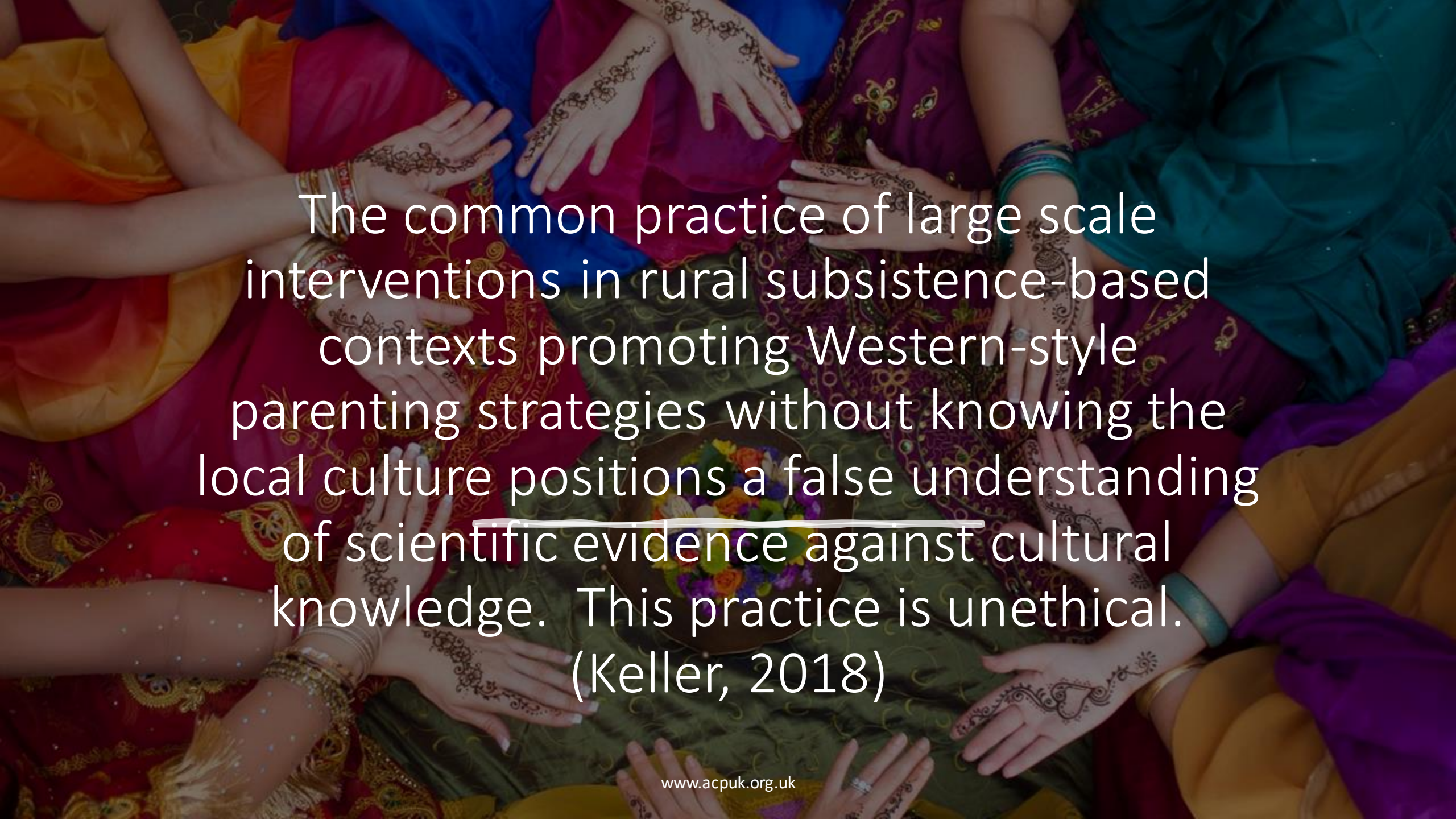


What is culture?



Caregiving practices across cultures

Individualist	Collectivist
Respond when needed	Anticipate infant's needs
Timed feeding	Feed on cue
Self-care	Breast feeding into toddlerhood
Self-feeding & cutlery	Fed by parent/by hand
Sleeping in separate rooms	Carried continuously
	Co-sleeping

A group of women in colorful saris (yellow, red, blue, purple, green) are sitting in a circle on the floor. Their hands are joined together in the center, and many have intricate henna designs on their palms and wrists. The scene is set against a dark background with a subtle pattern of small white dots.

The common practice of large scale interventions in rural subsistence-based contexts promoting Western-style parenting strategies without knowing the local culture positions a false understanding of scientific evidence against cultural knowledge. This practice is unethical. (Keller, 2018)

Recommended Reading

Keller, H. (2018) Universality claim of attachment theory: children's socioemotional development across cultures. *PNAS* 115(45), 11414 – 11419.

Keller, H. (2022) *The Myth of Attachment Theory: a critical understanding for multicultural societies*. Routledge.

Jankovic, J., Parsons, J., Jovanovic, N., Berrisford, G., Copello, A., Fazil, Q., & Priebe, S. (2020). Differences in access and utilisation of mental health services in the perinatal period for women from ethnic minorities - a population-based study. *BMC medicine*, 18, 1-12.

Owen, J., Tao, K. W., Imel, Z. E., Wampold, B. E., & Rodolfa, E. (2014). Addressing racial and ethnic microaggressions in therapy. *Professional Psychology: Research and Practice*, 45(4), 283

Saad, L. (2020). *Me and white supremacy: How to recognise your privilege, combat racism and change the world*. Quercus Publishing.

Kinouani, G. (2021). *Living While Black: The Essential Guide to Overcoming Racial Trauma*. Ebury Press.

Hirsch, A. (2018). *Brit(ish): On race, identity and belonging*. Vintage.