Discussion Guide

Oh Sis, You're Pregnant!
Shanicia Boswell

Mango
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Black Maternal Health

Summary

Oh, Sis, You're Pregnant! The Ultimate Guide to Black Pregnancy offers Black women a helpful, practical guide through pregnancy.

Questions

1. If you or someone close to you has experienced pregnancy, what feelings did you experience when you heard the news? Were they like what the author described?
2. What stories or anecdotes resonated with you the most from the book?
3. What did you learn from this book about being a parent? Are there things identified that are universal truths? What are aspects that are specific to Black mothers? Why?
4. How does this book compare to other health-related books you've read?
5. How does this book connect to themes of social justice and equity?
6. What was your biggest takeaway from the book? What information or insights did you find the most helpful or interesting?
7. Did this book answer any questions you've wanted to ask?
8. What other themes or topics do you wish had been covered in the book?

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