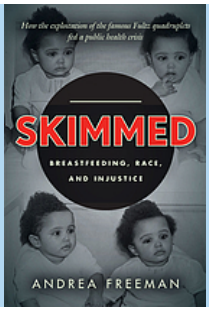
Discussion Guide



Skimmed
Andrea Freeman

Stanford University Press
2019
304 pages
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Infant Feeding

Summary

In *Skimmed*, Andrea Freeman tells the story of the Fultz quadruplets while uncovering how feeding America's youngest citizens is awash in social, legal, and cultural inequalities. This book highlights the making of a modern public health crisis, the four extraordinary girls whose stories encapsulate a nationwide injustice, and how we can fight for a healthier future.

Questions

1. Why does Dr. Klenner think that he will get away with exercising so much power over the Fultz family's lives? Why does he get away with it?
2. *Skimmed* tells the story of the Tigner Quads, born a few months after the Fultz sisters. Although Carnation won the rights to use their images in formula ads, they only ever ran one ad featuring the Tigner quads. How are the stories of the Fultz and the Tigner quadruplets different?
3. Tabitha Walrond was a young Black woman whose son died. How do Tabitha's and the Fultz sisters' stories relate to each other?
4. Who is to blame for what happened to the Fultz family? Dr. Klenner? Pet Milk? Society?
5. If Pet Milk shares responsibility for their tragic story, should there be reparations and what form should they take? Who should receive them?
6. What role has government policies and law played in low breastfeeding rates in Black families?
7. *Skimmed* focuses on formula and breastfeeding in the Black community. How do you think the issues in the book might (or might not) affect other communities?
8. *Skimmed* shares that most health organizations recommend breastfeeding for infants' health. Is it wrong to encourage breastfeeding when many parents cannot or choose not to do it?
9. Did you know the Fultz sisters' story before you read the book? Why or why not?

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