

HOW MIGHT YOU HELP CENTER THE INDIVIDUAL NEEDS OF A BIRTHING PERSON?

LEARN about your client's birth desires:

- What does support look like to you? Who is on your ideal team?
- Which coping strategies resonate with you for your labor?
- Have you explored care setting choices and potential interventions?
- How do you feel about shared decision making & informed choice?
- What memories do you want to create through your birth story?

RESOURCES for you to explore as you learn more about equitable, person-centered, birth education:

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| • <u>Evidence Based Birth's Professional Resources</u> | Read: |
| • <u>The Educated Birth</u> for Childbirth Education Graphics & Handouts | • <u>Battling Over Birth: Black Women and the Maternal Health Crisis</u> |
| • <u>Birthing Cultural Rigor</u> for examining racism | • <u>Medical Bondage</u> |

REFLECT on your understanding and experience moving through the birthcare system:

- How are you maintaining the status quo & perpetuating trauma?
- How are you examining your biases and who are you accountable to for creating equitable birthcare?
- What resources are you accessing to ensure you are healthy to provide care-therapy? debriefing? peer support groups?
- Contemplate: Setting the Standard for Holistic Care of & for Black Women

ACTIONS to achieve equitable childbirth education:

- Be an advocate for collaborative care. Work to share information across disciplines so everyone lifts up the birthing person!
- Examine your organization: are you centering birthing people & addressing racism-driven disparities and structural inequities?

Imperative students shared that they found the following helpful from childbirth education:

"All of the information and support" ~A.S.

"Tools to self-advocate" ~S.G.

"The community we created" ~K.C.

How can you integrate this feedback and these concepts into your organization & care practice?

CLINICIANS

