

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:

- Evidence Based Birth's Professional Resource
- The Educated Birth for Childbirth Education Graphics & Handouts
- The National Association to Advance Black Birth

Books:

- Birthing Justice
- Medical Bondage

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

- How are you showing up in your community?
 - Where are you taking a stand and where can you do more?
- How are you examining your biases and who are you accountable to for creating equitable birthcare?
- What do YOU need to support you & keep your work sustainable?
- Reflect on your practice origins through: My Deep Dive

ACTIONS to achieve equitable childbirth education:

- Connect with your community!
 - Be accessible & network, create or join referral & support groups.
- Be an advocate for collaborative care. Work to share information across disciplines so everyone lifts up the birthing person!

"Mentoring Black and Brown families with these childbirth classes is gratifying, especially the younger adults 21-25 years of age. They start the classes with so much unknown and **end the classes empowered, able to self advocate, and use a voice they never knew they had.**"

~Sasha Sumling, LMT, CD

How do you encourage self-advocacy?

COMMUNITY

