

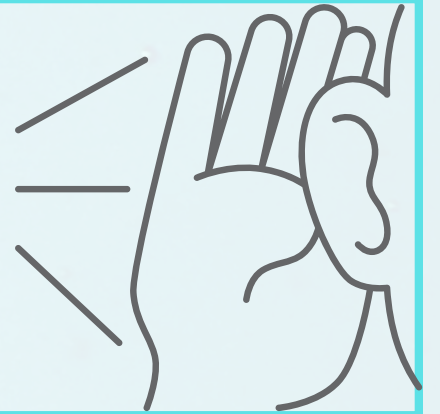
BEING RESPONSIVE TO BIRTH TRAUMA

Medical providers are in a unique position to reduce the risk for trauma during pregnancy, birth, and postnatal care.

Here are some things to consider when interacting with birthing patients:

Listen

Actively listen to your patient, respect their feelings (such as guilt, sadness, or grief), and encourage them to share their concerns.



Narrate

Ask permission before touching the patient or the baby. Tell them when you are going to start the procedure and describe what you are doing. Use correct terms when discussing body parts.



Empower

Offer choices when possible. Allow for a support person to be present. Limit the number of staff when safe to do so. Ask the patient what they might find comforting (for example, hand holding is associated with pain reduction).



If you are concerned your patient is experiencing the effects of trauma, it is helpful to show you understand their concerns and refer them to a mental health professional.

For more information, see our [Recognizing Birth Trauma](#) resource.