Dear Staff,

 I am a black birthing parent. I am 3-4X’s more likely to die during childbirth than my white counterparts. That is an astonishing 243% increase for me. My child is also 2X’s more likely to die. The racial disparities that exist in the maternal healthcare system is real and extremely dangerous. We are a family navigating a maternal healthcare system that is failing us.

But you can help us by:

* Leave your racism outside of this door. Racism comes in many forms and you may not even know that you are being prejudice or racist because it’s your normal and it has been widely acceptable behavior. I ask that you self-reflect on this, and improve care for the sake of my health and my baby’s health.
* I would like the same treatment, care, respect, and support as my white counterparts.
* I ask that when I speak, that I am heard and listened to. Listening to my concerns, needs, and choices, and acting upon it quickly and diligently, can mean the difference between life and death for me and/or my baby. This means that you have the capability to save my life or my baby’s life. This also applies to my birth partner. If my birth partner is voicing his/her concerns for me, I ask that you take this very seriously.
* Please inform me of my risks vs benefits before introducing any intervention, procedure, treatment, or medication that is suggested or advised to me. This includes cervical exams. I need to be fully informed to make good decisions for myself and my child. Once I am fully informed, I will either give my fully informed consent, or my fully informed refusal.
* The postpartum stage is also a very delicate time in which I am still at risk. I ask that you stay listening to my concerns and needs during this time, again for our overall health.
* Keep an open dialogue and line of communication with me and my birth partners. Not sure about something? Just ask me/us!

Thank you for your help, it’s much appreciated!