



Perinatal Bill of Rights for Black Families



Know What You Deserve

Respectful maternity care begins with understanding that you have rights, not only as a patient, but as a person deserving compassion, dignity, and informed decision-making.

*The **Perinatal Bill of Rights for Black Families**, developed by Earth's Natural Touch: Birth Care & Beyond, Inc, serves as a guide to help families understand what they should expect throughout pregnancy, birth, and the postpartum period. While these rights are especially important in addressing the inequities that disproportionately affect Black families, every pregnant person deserves care that is respectful, culturally responsive, and centered on their individual needs.*

Your rights include the right to:

- *Be treated with dignity, respect, and compassion.*
- *Be heard when you express concerns about your health or your baby's well-being.*
- *Receive clear explanations in the language you understand.*
- *Ask questions and receive honest, evidence-informed answers.*
- *Participate in decisions about your care through informed consent and informed refusal.*
- *Request additional information or a second opinion if you have unanswered questions.*
- *Have a support person of your choosing present whenever possible.*
- *Receive care that is free from discrimination and bias.*
- *Access resources that support your physical, emotional, and mental well-being.*
- *Be an active participant in decisions affecting your pregnancy, birth, and postpartum experience.*

Read the Complete Perinatal Bill of Rights



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Perinatal Bill of Rights for Black Families.

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