

Other Ways to Advocate for Yourself

Learn Before You Need It

 Knowledge is one of your greatest advocacy tools.

Consider taking:

- Childbirth education classes
- Breastfeeding/chestfeeding classes
- Newborn care classes
- Infant CPR
- Postpartum planning classes
- Sibling classes



Learning before birth can make it easier to ask informed questions.

Create Your Birth Vision (Birth Preferences Plan)

My Birth Vision

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____



Think about:

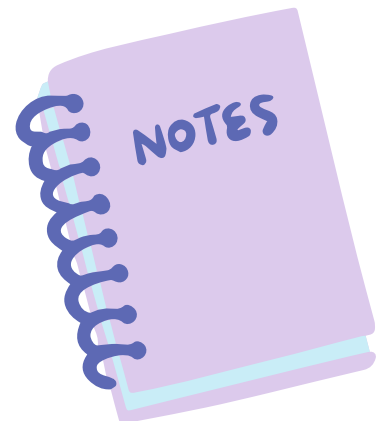
- Who you want and don't want present
- Pain Management / Coping Techniques options
- Labor Interventions
- Labor Positions
- Newborn Procedures
- Feeding Preferences
- Cultural or spiritual practices
- Other things that may be important to you

Creating a vision for your birth helps identify & communicate what matters most to you, while recognizing that plans may need to change based on medical circumstances.

Keep Your Own Records

 Consider keeping a notebook or digital journal with:

- Appointment dates
- Blood pressure readings (if monitoring at home)
- Questions for your provider
- Symptoms you've experienced
- Test results
- Medication changes
- Ultrasound findings
- Baby's movement and heartrate patterns
- Names of providers you see



Having your own records can help you identify and communicate changes over time and remember important details.

ENT's Self-Care

Bingo



Mark the ones you've done today!

Remember to Take Care of Yourself, Too. Community Care is Part of Self-Care.
Self-care is not selfish. It is one way to care for your baby.

Consider:

- Resting when possible
- Nourishing your body
- Staying hydrated
- Taking breaks
- Delegating Responsibilities
- Setting boundaries
- Protecting your mental health
- Celebrating small victories
- Asking & Accepting help

take
care
of
YOURSELF

Drank
plenty
water

Took several
deep breaths

Went
outside for
fresh air

Talked to
Your Baby

Ate Healthy,
Nutritious
Foods

Stretched
for a few
minutes

Had a
moment of
Gratitude

Gave
yourself a
compliment

Rested
without
guilt