

PRACTICE PREGNANCY & POSTPARTUM ADVOCACY



These are designed as "finish the conversation" exercises. There isn't always one perfect answer. The goal is to practice speaking up when you need to.

Practice #1 – You feel like something is wrong.

Provider: "Everything looks fine."

You can respond by saying: _____

Practice #2 – Consent

Provider: "We're going to induce you."

How would you respond? _____

Practice #3 – I Need Time

Provider: "We need your decision right now."

How can you ask for time to understand your options? _____

Practice #4 – I Have Questions

Provider: "That's nothing to worry about."

How would you respond? _____

Practice #5 – Explain It Another Way

You: "I don't understand."

What could you say next? _____

Practice #6 – Your symptoms have changed and you feel worse.

"I'm feeling worse than yesterday." *Tip: Remember to say how many weeks pregnant you are or how long ago you gave birth (or miscarried).

How would you explain that? _____

Practice #7 – I Need to Be Heard

"I don't feel like my concerns have been addressed."

What would you say next? _____

Practice #8 – Please Document It. "I understand your recommendation."

What would you say if you wanted your concerns documented?

Practice #9 – I Need Another Opinion.

Practice asking for another provider. _____

Practice #10 – I'm Not Comfortable. Complete the sentence.

"I'm not comfortable with this because..." _____

Practice #11 – Help Me Understand

Write three ways to ask for clarification.

- _____
- _____
- _____

Practice #12 – Repeat Back. Practice explaining your symptoms in your own words.

"My symptoms started..." _____

Practice #13 – Before I Agree - Complete the questions.

What are the benefits of... ? _____

What are the risks of... ? _____

What are my alternatives to... ? _____

Practice #14 – If I Go Home - Finish the sentence.

"If I go home today, what symptoms should make me come back immediately?" _____

Practice #15 – I Want to Include My Support Person

How could you ask your provider to include your partner, doula, or support person in the conversation? _____

Your Thoughts: _____

