

CHECKLIST FOR A SUPPORTED MATERNITY EXPERIENCE



THE
TRAUMA
HEALING
COLLECTIVE

PREGNANCY

- Good nutrition
- Lots of movement
- Education resources
- Clean environment
- Peer support
- Judgement free advice
- Informed consent
- Intuition
- Emotional resilience
- Physical resources
- Evidence based healthcare

BIRTH

- Supportive partners
- Hydration
- Optimal environment for hormonal flow
- Varied movement
- To be listened to
- Respect
- Cultural sensitivity
- Medical care access
- Informed consent

FEEDING+POSTPARTUM

- Nutrition
- Hydration
- Peaceful space
- Physical support
- Nourishing traditions
- Rest
- Community
- Honest communication
- Safe spaces
- Reassurance
- Encouragement
- Access to experts
- Evidence based information

