



# Anti-Racist Prenatal & Postnatal Care Preferences

These care preferences were created to address the impact of racism on my care as a pregnant Black woman/person. As my care provider, these are ways for you to support me and make me feel safe.

## IN PREGNANCY

- ✎ Educate me about the symptoms of preeclampsia from the beginning of pregnancy.
- ✎ Actively listen to me and confirm that you will take my report of any symptoms seriously.
- ✎ Closely monitor my blood pressure and heart disease risk factors throughout my pregnancy. If possible or needed, recommend or prescribe a home blood pressure cuff.
- ✎ Make space for my friends and family members I'd like to include in my care process. Please do not make assumptions about my family system or relationships.

## IN LABOR AND BIRTH

- ✎ Allow me the opportunity to have my partner, chosen family and/or doula with me because continuous labor support has been shown to shorten labor, increase likelihood of vaginal birth, and make the birthing experience better.
- ✎ Make space for my cultural beliefs and ask me how you can support them.
- ✎ Help me plan to manage pain, since pain is often undertreated in Black women and reminding everyone on my medical team (nurses, residents, anesthesiologists, etc) of this fact.
- ✎ Allow me the opportunity to labor in whatever positions I choose as long as they are safe for me and my baby.
- ✎ Always ask for permission before any vaginal examinations or interventions are performed.
- ✎ If a cesarean birth is recommended, explain to me why and what happens if I choose not to.

## DURING POSTPARTUM

- ✎ Support me in keeping my baby with me throughout our hospital stay.
- ✎ Discuss the postpartum symptoms that would be concerning and when I should contact you.
- ✎ Provide the best contact numbers for you or another provider if I am worried about my mental health.
- ✎ Plan an early visit with you, maybe by phone or Telemedicine.
- ✎ Create a culturally sensitive breastfeeding and/or chestfeeding support plan that includes my partner and/or family if I choose to breastfeed.
- ✎ Support me to take leave from work and space for adequate rest.

① These preferences were co-created by Erica Chidi and Dr. Erica Cahill for LOOM. ② LOOM is a wellbeing platform empowering women through sexual and reproductive health education. ③ Erica Chidi is co-founder and CEO of LOOM and Dr. Erica Cahill is a clinical assistant professor of Obstetrics and Gynecology at Stanford University, where she practices and teaches. ④ These preferences were first cited in The New York Times article, "Protecting Your Birth: A Guide For Black Mothers."