

KEY TERMS

Antiracist birth work	The act of providing reproductive care that is mindful of the impact of structural and interpersonal racism on Black communities' birth outcomes. <i>Anya Tanyavutti</i>
Birth equity	The assurance of the conditions of optimal births for all people with a willingness to address racial and social inequities in a sustained effort. <i>National Birth Equity Collaborative</i>
Birth justice	Birth Justice includes access to health care during the childbearing year that is holistic, humanistic, and culturally centered. This health care is across the pregnancy spectrum including: abortion, miscarriage, prenatal, birth, and postpartum care. Birth Justice includes the right to choose whether or not to carry a pregnancy, to choose when, where, how, and with whom to birth, including access to traditional and indigenous healers, such as midwives and other birth workers, and the right to breastfeeding support. The complete range of pregnancy, labor, and birth options should be available to everyone as an integral part of reproductive justice. <i>Southern Birth Justice Network</i>
Community-based doula model	An expanded care model that includes preconception, interconception and pregnancy-related care. Incorporating up to seven (or even more) prenatal visits, labor assistance, and extensive postpartum visits based on birth outcome for up to one year of the child's life. CBD programs are based in underserved communities, are explicitly developed to meet the needs of communities of color and low-income communities, and often hire doulas from the communities they will be serving. <i>Ancient Song Doula Services</i>
Community care models	CCMs rely upon the expertise of midwives, doulas, and perinatal community health workers, who meet the medical and social needs of pregnant women in a respectful and culturally appropriate manner. <i>Perry, Mahdi, and Green</i>
Cultural humility	A framework that values and affirms the potential differences between a provider and a client within language, religious beliefs or values, age, gender, race, understandings of health and illness, or sexual orientation, and it is a model focused on understanding a client's health concerns, experiences, and preferences for care. Cultural humility encourages developing an attitude of not knowing and learning from the patient. <i>Ancient Song Doula Services</i>
Culturally congruent care	Care that is in agreement with the preferred cultural values, beliefs, worldview, language, and practices of the health care consumer and other stakeholders. <i>Momnibus, Black Maternal Health Caucus, US House of Representatives</i>

Fourth trimester	"4th Trimester" emphasizes the interconnected physical and emotional relationships among women, infants, and family/others over the days and weeks after childbirth. <i>4th Trimester Project, UNC Collaborative for Maternal and Infant Health</i>
Holistic maternity care	HMC addresses gaps in care and ensures continuity of care, is confidential, safe and trauma-informed, is culturally-informed and includes traditional practices, respects spirituality and spiritual health, and lastly is provided by culturally competent and culturally congruent providers. <i>Black Mothers Matter Alliance</i>
Obstetric racism	The occurrence and analytic processes, which function at the intersections of medical racism and obstetric violence influencing Black women and birthing people's reproductive care experiences and conditions, resulting in poor health outcomes. <i>Dana-Ain Davis</i>
Reproductive justice	The human right to maintain personal bodily autonomy in an individuals' decision to have or not have children and to parent children in a safe and sustainable community. <i>Perry, Mahdi, and Green</i>
Respectful maternity care	Care organized for and provided to all women in a manner that maintains their dignity, privacy and confidentiality, ensures freedom from harm and mistreatment, and enables informed choice and continuous support during labor and childbirth. <i>World Health Organization</i>
Social Determinants of Health	The conditions in which people are born, grow, work, live, and age, and the wider set of forces and systems shaping the conditions of daily life. <i>World Health Organization</i>
Structural racism	The systems in which public policies, institutional practices, cultural representations, and other norms and ideologies work in various, often reinforcing ways to generate or perpetuate racial group inequity. <i>Ancient Song Doula Services</i>
Trauma-informed care	<p>A strengths-based care approach that emphasizes the importance of accepting the whole person and displaying respect for their context of living. Aims include (a)safety, (b) trustworthiness and transparency, (c) peer support, (d) collaboration and mutuality, (e) empowerment, voice, and choice, and (f) cultural, historical, and gender issues. <i>Horton and Hall</i></p> <p>An organizational structure and treatment framework that involves understanding, recognizing, and responding to the effects of all types of trauma. Trauma Informed Care also emphasizes physical, psychological and emotional safety for both consumers and providers, and helps survivors rebuild a sense of control and empowerment. <i>Ancient Song Doula Services</i></p>