



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."