

RESPECT

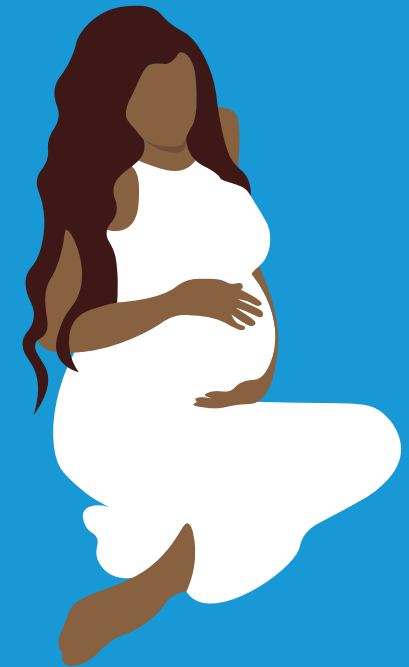
Every Patient
Every Interaction
Every Time[®]



CHECKLIST FOR RESPECTFUL CARE

Please consider the following and ask your health care team if you need more information on any of these topics.

- ☐ Share any unique needs you or your family may have
- ☐ Inform your health care team how you would like to be addressed
- ☐ Be sure to ask questions about all treatment options that may occur before, during, and after birth
- ☐ Make a list of what is most important to you for the birth of your baby and share the list with your health care team
- ☐ Identify what would help you feel confident and relaxed
- ☐ Identify who you want to support you through labor and birth
- ☐ Discuss who should be involved in helping you understand if there are changes to your plan for birth
- ☐ Discuss how you want to bond and care for your baby after birth



RESPECTFUL MATERNITY CARE

Labor, Birth, and
Postpartum



PROMOTING THE HEALTH OF
WOMEN AND NEWBORNS

AWHONN

Association of Women's Health, Obstetric
and Neonatal Nurses
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awhonn.org

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The Association of Women's Health, Obstetric and Neonatal Nurses (AWHONN) wants to ensure you are treated with respect by having equitable access to evidence-based care while including your unique needs and preferences.

Partner with your health care team to develop your plan for birth. Building a partnership starts with:



Awareness

Create a birth plan, share your preferences, know that you are an expert on you and your body, and discuss your prior birth experiences. Take a childbirth class and begin to build your birth team, which may include a doula, midwife, and lactation consultant.

Birth resources can be located at www.health4mom.org/category/healthy-pregnancy/labor-birth/.



Mutual Respect

You should be treated with dignity and respect during all interactions. Write down questions as they arise.



Shared Decision-Making and Informed Consent

You should be partners in making decisions about your care. Ask about all available options, including the benefits and risks, and take the time to understand everything about your care. You have the right to refuse care. Your voice matters. Informed consent is more than the signing of a piece of paper.



Autonomy

You have the right to make decisions about your medical care. Advocate for your choices and recognize that your family and support people can help advocate for you. Feel empowered to have your requests honored.



Dignity

Your privacy should be protected, respected, and maintained. You should always be asked for permission before anyone touches your body. Choose who you want to help support you. Discuss which members of the health care team can be present during your labor and birth.



Accountability

Hold your health care team responsible for providing respectful and compassionate care. Be empowered, speak up, share, and discuss any concerns. You may ask to speak to the managers and leaders. Hold everyone accountable to keep you and your new baby healthy and safe.