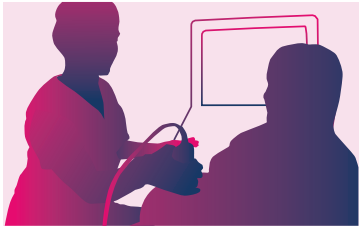


Coping with trauma, discrimination or post-traumatic stress?



1st or 2nd Trimester Prenatal Visit

- Let your provider know if you had a difficult childhood or have been sexually assaulted
- Share how that is affecting you now during your pregnancy
- Consider extra support like a yoga class for survivors, an education program, or therapy
- Discuss your concerns about discrimination

3rd Trimester Prenatal Visit

- Plan for birth: is there anything that might trigger reminders of your trauma?
- What is most helpful for you if you have a flashback during labor? Do you have trauma related needs to discuss with your birth team?
- Work with your provider to make a birth plan that communicates sensitive needs.
- Plan for postpartum support

Delivery

- Bring a support team. Do you want a doula?
- Ask people to be in the room or leave the room for exams and birth, whatever makes you more comfortable
- Share your birth plan

4-6 Weeks Postpartum

- Are you feeling reactive, irritated, overwhelmed, numb or detached?
- Are you having flashbacks, nightmares, or a lot of worry about keeping the baby safe or being a good parent?
- Tell your healthcare provider!

The Postpartum Year

- Connect to a support group or exercise group, programs for survivor parents, a mentor or a therapist
- Schedule breaks for yourself
- Consider extra postpartum visits throughout the first year for more help from your pregnancy healthcare provider

Extra support is available! Talk to your healthcare provider to review options.