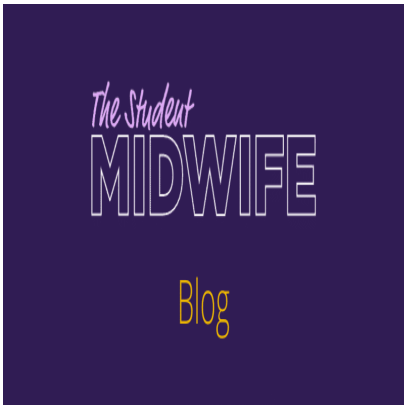


Description

A Warm Welcome to New Student Midwives



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She/her

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Starting your midwifery journey is exciting, inspiring, full of passion and yes… sometimes overwhelming. Whether you've been dreaming of this career for years or you've just discovered your passion, you are about to begin one of the most rewarding journeys of your life. I can still remember how incredible it felt to walk into my first lecture hall. I had this amazing feeling that I had finally made it to my calling. I was full of hope, nerves and a deep sense that this calling might be bigger than me.

That's why I'm so passionate about helping new student midwives find their feet. You've earned your place, and you are good enough, and with the right mindset, you will become the compassionate, capable midwife you've always dreamed of being.

Mindset really is everything

Believe in yourself, celebrate your wins (big or small), and never forget why you started. Be comfortable with being uncomfortable. Midwifery is a profession of constant learning, and some of that learning will stretch you.

Preparation helps

Preparation helps you feel in control**.** Get those competencies started early, capture your thoughts as you go, and picture the midwife you want to be. Hold onto that image; it will get you through the harder days.

Positivity is powerful

Your experience will only ever be as good as your mindset. Lean on your cohort, celebrate each other, and keep building each other up. Positivity spreads, and together you'll lift each other up.

Placement is where it all comes alive

Get involved, ask questions, smile, and show your willingness to learn. Stretch yourself outside of your comfort zone. Let go of perfection. Uncertainty will happen; discuss it with your supervisor/mentors. What really matters is that you practice safely, follow guidelines and use each opportunity to learn and grow.

Speak up for yourself

Advocating for yourself and those in your care is a professional skill. Take little steps to practice whenever you can. If something doesn't feel right or you're struggling, talk to your supervisor, mentor, lecturer or a professional midwifery Advocate (PMA).

To every student midwife (new and experienced) on this path, good luck, you've got this, and we're all here, cheering you on every step of the way.

Click here to download a poster!

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1. student midwives

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