

Description

Be brave, be kind….

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In less than a week, I will commence my new graduate year as a registered midwife in a tertiary hospital in Sydney, Australia. I was sitting in my garden relaxing and reflecting on how I was feeling in anticipation of the year ahead. I then read Sheena Byrom's article 'I am very Stressed' in the current issue of The Practising Midwife (February 2020) and it struck a chord with me. I posted a thank you to Sheena on The Student Midwife Journal Facebook page. Sheena gave me two tips: 'be brave and be kind'. This is a short reflection of what those words mean to me as I embrace my first rotation in birth unit.

Be brave and be kind….

Be brave

- My passion is woman centred midwifery care. I respect, trust and believe in women. I have no doubt in my passion and admiration of the true power of women. This informs my ability, skill and practice.
- I will never be afraid to expose my passion to my colleagues and the families I support. This is who I am.
- Hospital policy and practice must be centred around the individual woman. The women I support are the decision makers. I will be brave to challenge my colleagues if I feel any concern of care or consent being compromised.
- #enough is my mantra, thank you to Professor Hannah Dahlen. As a student I have never felt afraid to speak up

and I am not going to change this now.
- Evidence based practice is fundamental to confidence in speaking up – I will continue to question evidence and always strive for updating research and audit of practice.

Be kind

- Women remember how they are made to feel. It is so simple to be kind. And oh, how good it makes me feel when someone thanks me for being kind.
- My colleagues are sensitive and vulnerable too. I have learnt in my student journey that the most incredible senior midwives doubt themselves and need to be nurtured too. I want to be the colleague that is there to support those around me.
- Sharing food is a way to be kind – by ensuring those around you are eating well makes not only the person feel good but makes me feel good too!
- When questioning or challenging practice, it is so important to be kind and respectful. I just hope that those supporting me will be kind too.
- Being kind, sharing passion and being supportive – it is all contagious!

'Go do your magic' Sheena said to me! I am ready to embrace the role of being a new graduate midwife. The journey to be a registered midwife has been incredibly special. I am thankful every day that I have been chosen to be a midwife. I hope that I will never take my role for granted. It is finally my time to be a registered midwife – HOORAH!

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