

Description

Be Brave little Bear

Kati Edwards – Doula at Birth You In Love, mother and spoken word poet

Published in The Student Midwife Journal Volume 2 Issue 4

I am so excited to vlog for The Student Midwife journal! The new series ‘The Bare Necessities’ will comprise of me sharing my thoughts, mostly in rhyme, on the current challenges in modern day maternity care. The need for students to remember the reasons why they came into the profession and hold on to their values is greater than ever.

We came up with many ideas for the title of this area; ‘Fundamental Foundations’, ‘Firm Foundations’, ‘Speaking Out’, ‘Vital Voices’, ‘Relational Roots’ but we finally settled on ‘The Bare Necessities’.

For us, it has a double-edged meaning.

1.

2.

The bear as a spirit animal representing strength and courage to stand up against adversity. It provides a stable foundat force. The bear also provides a source of support and acts as a guide to take leadership both in our own lives and in the l fear; all virtues you may benefit from cultivating throughout your midwifery career.
‘The Bare Necessities’ series therefore represents the core fundamental values you will need to hone as you transition women.

This edition of The Student Midwife gives us ‘permission to be human.’ Being human may mean different things to different people. Perhaps it’s about being yourself. Allowing you to be the best version of yourself as you can be. It may also mean showing compassion for yourself when you aren’t functioning as highly as you might want. Being human is to experience the full range of human emotions.

There may be no job where being human is more important. We understand that experiencing the range of emotions is so intense. The words we use, our body language, facial expressions and tone of voice may help us to convey our emotions or they may be used to hide them. With all these variables, there is inevitably capacity for us to get it wrong.

Communication with colleagues or birthing women/people and families can break down. Our intentions may be misrepresented or misconstrued. As humans, we don't always say the right thing at the right time or pull the right face. We may misunderstand or be misunderstood. Finding a way through this is crucial.

Machines aren't immune to breaking down either. I have twice observed as a doula, the doppler breaking when monitoring a heartbeat, causing unnecessary anguish for the woman. I wonder how often this happens and if it's worth going old school with a pinnard which doesn't need fresh batteries?

In my vlog (click the video link above) I share my latest poem 'The Bare Necessities' which explores how we can seek support for being human in a maternity care system which may not always recognise our value. **TSM**

Category

1. Exclusive Series
2. The Student Midwife
3. TSM Articles

Tags

1. 2019
2. courage
3. strength
4. student midwife
5. values

Date Created
11th October 2019