Description

Together, We Can Be the Change: Why Student Midwives Must Speak Up

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As student midwives, we are trained to advocate for women in our care, for families, for babies. But now, we need to advocate for ourselves.

The Reality of Being a Student Midwife

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aimee peach portrait
Aimee Peach, Student Midwife

When I tell people I'm training to become a midwife, their reaction is almost always the same: a soft smile, a look of admiration, and a heartfelt, "What a lovely job all those babies!" I nod and smile politely, because I understand that to the outside world, midwifery is seen as something beautifully romantic.

But the reality? It's raw. It's messy. It's emotional and exhausting and yes, at times, completely unromantic. But that's exactly what makes it so uniquely special and a privilege.

Being a student midwife feels like being part of a secret club. A sisterhood and brotherhood of people who have chosen a path of compassion, advocacy, and strength. We are there in the most vulnerable, powerful moments of people's lives. We stand beside them as families are born. That *is* romantic in its own way, but not the fluffy, idealised version, but a deeper, grittier kind of love for humanity.

Midwifery is not just about delivery. It's about education, prevention, and empowerment. It's about antenatal and postnatal care, about guiding people through some of the most transformative times of their lives, and equipping them with knowledge to make informed choices for themselves and their babies. We promote health, protect dignity, and fight for the rights of the people in our care.

We do this while pushing ourselves through some of the most gruelling training imaginable.



Many of us are commuting long distances to placements. We've taken out loans just to survive. We juggle essays, night shifts, part-time jobs, and parenting. We show up with aching feet, sleep-deprived minds, and hearts still wide open. And still, we pour ourselves into every family we meet.

But behind our smiles, the cracks are starting to show. Burnout is real. The fear of qualifying and not finding employment is real. The debt is real. The disillusionment, after giving everything to a system that doesn't seem to support us in return, is painfully real.

Some of us, as we near the end of our training, are already looking at alternative careers. Jobs that will offer more stability, better pay, or simply allow us to protect our own well-being.

And that should never be the case.

Midwifery is a calling. It draws in the most passionate, resilient, and compassionate humans. We are not asking for special treatment. We are asking not to be forgotten. We are the future of maternity care. We are trying to hold on to the reason we started this journey in the first place and sometimes I need to remind myself.

Because, in the end, we just want to make a difference. And right now, we need help to keep going.

#TogetherWeCanBeTheChange
#FightingForNQM

Enough is enough.

I'm calling on every student midwife to join the movement. To write to your MP, to share your story, and to stand together using the hashtags #TogetherWeCanBeTheChange and #FightingForNQM (Newly Qualified Midwives).

By flooding social media with personal letters, we are sending a clear message: we love midwifery, but the system must change if it wants to keep us.

This is not about being political. It's about protecting the future of maternity care and ensuring that we, the next generation of midwives, are not lost before we begin.

Let's amplify each other. Let's stand together. Let's speak truth to power with compassion, courage, and unity.

Because together, we really can be the change.

Would you like to get involved?

You can find a template letter to download and send to your local MP here

Aimee was recently interviewed by ITV southwest regarding concerns that all student midwives have and feel this is an important topic. She appears 7 minutes and 20 seconds into the clip here: Catch up on ITV West Country (South West) Sunday 20th July 2025 – Latest From ITV News

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