Maternity Voices Series Study Sheet

Emotion work study sheet

1. Reflect on a time someone made you feel really cared for, listened to, and validated. Maybe you opened up to them about something that was bothering you. Write down what that person did and how they did it which signalled their emotional connection to you. What aspect of this interaction made a difference for you?

2. Now consider how you convey your emotional connection to others, how do you make them feel comfortable, cared for and validated? Make a list of key words.

3. Reflect on what challenges you face when delivering care to providing the emotional space to women. How could this mitigated? What key things could you do centre and ground yourself during busy, stressful shifts? Make a list of key things, and consider printing them out to keep with you as a reminder.

4. Write a manifesto for your philosophy of care, what would you want women, people and partners to know about your approach to care?

5. Find a picture online that sums how you feel about your philosophy of care, it can be as abstract as you like! You might see an image on the all4maternity website that resonates with you.