Basics Series Study Sheet

Humanising birth 1 study sheet

1. Identify words that define humanised care in your scope of practice – make a word map.

2. Bullet point or paraphrase the key learning from this article.

3. Choose powerful words to create five sentences to promote respectful care with women and families:

Opportunity	Courage	Valuable
Natural	Believe	Genuine
Special	Energy	Sensitivity
Outstanding	Gift	Remarkable
Focus	Colourful	Mind
Inner strength	Love	Knowledge
Perspective	Informed	Empowered

e.g. '*Tell me, from your **perspective**, what's important? I'd like to understand your concerns so I can help you.*'

Think about words that may be closed, limiting and disempowering for women and families. Make a list.

4. Within your specific place of work, what does ‘too much too soon’ and ‘too little too late’ mean to you, in your care of women over the childbirth continuum? Write an example below exploring the long-term implications to individual health and wellbeing.

5. Extend your knowledge by picking a paragraph and summarising a small section of a public report – a case example of dehumanised care in the last decade? Evaluate the impact on the women and family.