Illustration by @annapeachportfolio on Instagram.

By Aimee Peach

A Warm Welcome

to New Student Midwives

Starting your midwifery journey is exciting, inspiring - and yes, sometimes a little scary. Whether you've been dreaming of this career for years or you've just discovered your passion, you are about to begin one of the most rewarding journeys of your life.

During a recent chat with Sheena Byrom OBE, a champion for compassionate midwifery care, we reflected on what really helps new students thrive in those first few weeks and months. Here's what I came up with - a collection of tips, encouragement, and little nudges to help you settle in, learn well, and enjoy the ride.

Midwifery is a calling. And you are now part of a profession that changes lives every day. Be kind to yourself, celebrate your progress, and never forget why you started.



"Midwives do not just deliver babies. We deliver kindness, confidence, and courage." - Sheena Byrom OBE

Mindset first

Your mindset will shape your experience more than anything else.

• Believe in yourself. You've earned your place on the course. Remember, you are good enough and you will make a wonderful midwife - you just have to believe it.

• Let go of trying to be perfect. Uncertainty will happen; it's part of learning. What matters is that you practice safely, follow the guidelines and use each opportunity as a stepping stone to grow.

Getting started

Preparation helps you feel in control.

• Plan out your competencies early. Start recording evidence from day one, even little notes can become powerful reflections later.

• Capture your thoughts as you go. Those small "aha!" moments are gold when it comes to assignments.

• Visualise your journey. Picture yourself as the midwife you want to be and keep that image close on the hard days.

Support and Positivity

• Your experience will only ever be as good as your mindset. Keep positive, and you'll attract positive energy.

• Work hard at building friendships with your cohort. Lean on each other, big each other up and celebrate each others wins. Positivity is infectious

Speak up for yourself

• Advocating for yourself is a professional skill; take little steps to practice whenever you can.

• If something doesn't feel right, or you're struggling, talk to your mentor, lecturer, or a Professional Midwifery Advocate (PMA).

On placement

Placement is where everything clicks into place and where your confidence will grow.

• Get involved from day one. Smile, introduce yourself, and ask questions.

• Practice asking for help. It shows willingness to learn, not weakness.

• Join extra skills sessions. You'll meet the wider team and get bonus practice.

• Connect with other students. Learn from those ahead of you and support those coming behind.

Good luck, future midwife!

you've got this.