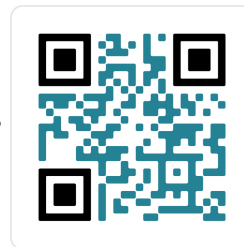


TRAUMA-INFORMED PERINATAL CARE 101

Organizational change starts with YOU:

- **Awareness:** Realize that trauma-informed care is for EVERYONE
- **Acknowledge:** Recognize the role you play in perpetuating or stopping traumatic interactions
- **Actions:**
 - Language, earn a trusting relationship
 - Informed choice & refusal
 - True patient-centered care
 - Uncover unconscious biases

Check out these resources as you grow your trauma-informed care practices



Further Learning

Trauma-Informed Care

FOR *every* PERSON
FOR *every* REASON
FOR *every* BIRTH

Trauma-Informed Care is one element of organizational change that prioritizes the individual as the leader of their own health, and recognizes how person-centered care shifts unhealthy power dynamics to mitigate the potential for trauma found in each care interaction.



www.traumainformedbirthnurse.com