

# Take Charge of Your Care

## advocacy for your pregnancy

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### Choose the Right Provider

Ask about their approach to pregnancy, their willingness to honor your preferences, and their experiences working with diverse families. Look for a provider who listens, respects your autonomy, and aligns with your overall goals. It's never too late to change providers if you feel uncomfortable or unsupported.

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### Self Advocate

Prepare for your appointments by writing down questions or concerns ahead of time. Bring a trusted support person for additional confidence, and request copies of test results, evidence-informed patient education materials, or your medical records to better understand your care. Use assertive language to advocate for yourself, such as: "I need more information before making a decision," or "Can you explain why this is being recommended?"



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### Pregnancy Related Policy



As a pregnant person, you have powerful protections: the Patient Bill of Rights ensures respectful, informed care; the Pregnancy Discrimination Act protects against workplace bias. You also have the right to refuse treatment, empowering you to make decisions about your body and baby, and full access to your medical records, so you're always informed. These rights exist to honor your autonomy and safeguard your pregnancy journey. Use them. They're yours.

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### Create a Plan

Define and practice your preferences for pregnancy, labor, birth, and postpartum, while preparing contingencies for unexpected situations. Share your plans with your provider and invite their feedback to ensure alignment and support for your wishes.

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### Build Your Team

Doulas offer emotional, physical, and informational support throughout pregnancy, labor, and postpartum, many also advocate for their clients' needs. Consider complementing this support with specialists like pelvic floor therapists, lactation educators, or mental health providers who focus on pregnancy care. Engaging with these experts early can help you refine your birth plan, address questions or concerns, and confidently prepare for the experience you envision.

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### Related Resources

Planned Parenthood Central FL  
(407) 246-1788  
National Maternal Mental Health  
Hotline 833-943-5746  
Sarah Foster Doula  
[www.sarahfoster.biz](http://www.sarahfoster.biz)  
Central Florida Birth Network  
[www.centralfloridabirthnetwork.org](http://www.centralfloridabirthnetwork.org)