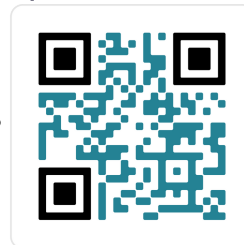


# TRAUMA-INFORMED PERINATAL CARE 101

## 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** 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.



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