

It's important for mothers to feel heard and respected during childbirth. If you feel that your midwife isn't listening to you, here are some scripts you can use to assert your needs and ensure that your voice is heard:

1. Expressing Concerns About Pain or Discomfort

- Script: "I'm feeling a lot of pain right now, and I don't think my current pain management is working. Can we please discuss other options or make some adjustments?"

2. Requesting a Change in Position or Approach

- Script: "I'm really uncomfortable in this position. I would like to try a different position that might work better for me. Can we explore some alternatives?"

3. Asserting the Need for a Break or Pause

- Script: "I need a moment to catch my breath and process what's happening. Can we take a short break before moving forward?"

4. Requesting Clarification or More Information

- Script: "I don't fully understand what you're asking me to do. Can you please explain it again or give me more details so I can make an informed decision?"

5. Expressing Concerns About the Birth Plan

- Script: "I feel like we're moving away from the birth plan we discussed. Can we revisit the plan and talk about how we can stay closer to what I had hoped for?"

6. Addressing Communication Issues

- Script: "I don't feel like my concerns are being fully heard right now. It's really important to me that we communicate openly and that I'm involved in every decision."

7. Requesting More Time Before Making a Decision

- Script: "I'm feeling a bit overwhelmed, and I need more time to think about the options you're presenting. Can we slow down a bit and discuss this further before we move forward?"

8. Expressing the Need for Emotional Support

- Script: "I'm feeling really anxious right now, and I need some reassurance and support. Can we take a moment to talk about how I'm feeling?"

9. Asserting Your Right to Refuse or Request a Procedure

- Script: "I'm not comfortable with this procedure right now, and I'd like to explore other options. Can we discuss alternatives that align more closely with my preferences?"

10. Requesting a Change in Care Provider (if necessary)

- Script: "I don't feel like we're connecting well at the moment, and I'm not feeling supported. I would like to speak to another member of the team to see if we can find a better way to work together."

11. Emphasizing the Need for Respectful Communication

- Script: "It's important to me that my voice is heard and respected. Can we make sure that my preferences and concerns are considered in the decisions we're making?"

12. Expressing a Desire for Shared Decision-Making

- Script: "I want to be more involved in the decision-making process. Can we talk through each option together so that I can fully understand and make choices that feel right for me?"

13. Reiterating Your Confidence in Your Own Body

- Script: "I know my body, and I feel like something isn't right. Please listen to what I'm experiencing, and let's find a solution that works for both of us."

14. Asking for More Patience and Understanding

- Script: "I need a little more patience and understanding right now. This is a big moment for me, and I want to make sure I'm feeling safe and supported."

15. Invoking Your Right to Consent

- Script: "I need to remind everyone that my consent is required for any procedure. I want to be fully informed and involved in every decision that affects my body and my baby."

Using these scripts can help you assert your needs and ensure that your midwife and the rest of your care team are providing the support and respect you deserve during childbirth.