

# RESPECTFUL MATERNAL CARE CHECKLIST (FOR VAB)

## During Labour & Birth

- Introduce yourself and your role clearly.
- Ask for consent before every procedure or exam.
- Allow a birth companion of choice and involve them where appropriate.
- Use open-ended questions to invite detailed responses.
- Avoid leading questions that push a “yes” answer.
- Speak in plain, simple language (no jargon).
- Be mindful of body language: open posture, eye contact, calm tone.
- Avoid rushing or showing irritation when asking if she has questions.
- Reassure continuously (“Your baby is safe, here’s what happens next”).
- Encourage mobility and preferred birthing position, unless unsafe.
- Never shout, scold, or use rough handling.

## After Birth

- Debrief: explain what happened and why.
- Reassure about outcomes and newborn safety.
- Allow time for questions; answer patiently.
- Provide emotional support and validate her experience.
- Document care accurately and transparently.

## Provider & System Responsibilities

- Provide timely care-reduce waiting times, respond quickly to needs.
- Share information respectfully in the team (no jargon over patient’s head).
- Ensure interpreters or culturally appropriate communication if needed.
- Protect confidentiality at all times.
- Create an environment where feedback is encouraged.
- Report and address disrespectful or abusive behavior when observed.