



BRAW BIRTH

intersectional
doula

GENDER & BODY INCLUSIVE DOULA

FERTILITY, PREGNANCY & BIRTH SUPPORT

Braw Birth was created because all pregnant people and families deserve to feel confident and assured of the support they are receiving.

Everyone deserves a dignified, respectful and empowering experience.



CONTACT ME

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FERTILITY SUPPORT

Support in trying to conceive and in navigating treatment



PREGNANCY AND BIRTH SUPPORT

Support during pregnancy, birth planning and labour



FERTILITY AND ANTENATAL EDUCATION & TRAINING

Bepoke trainings and workshops created at your request



Who: I'm Deva, a queer doula living and working from Glasgow. I wanted to be doula as I'm passionate about fertility accessibility, the diversity of birthing bodies and the needs of all pregnant people.

Why: I created Braw Birth as I wanted pregnant people and those starting their families to feel more seen, considered and assured of their rights and the support and healthcare they receive. You deserve to have fertility and birthing experiences that give you dignity, respect and autonomy.

What Braw Birth Offers:

Fertility Support: For people planning to undergo treatment or are already going through assisted conception support. I can work with you on the topics of your choice to feel more prepared, help you develop treatment plans, discuss your options and debrief after your appointments.

Pregnancy and Birth Support: Provide evidence-based antenatal education designed specifically for you, help you create your individualised birth plan, research and discuss your options with you and be on call for your birth from week 38 of your pregnancy.

Education and Training: Design and deliver bespoke trainings and workshops for healthcare professionals, birth workers and community groups on the accessibility of fertility and pregnancy support.

Where: I can provide in person support throughout Glasgow and I also offer digital support all throughout Scotland.

How: You can check my availability on my website or by contacting me directly to set up a chat.





Medical Self-Advocacy Tips

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- **Planning, preparation, preferences and progression**
- **Evidenced-based choice and autonomy**
- **Have emotional support**
- **Take notes and ask questions**
- **Ask staff to make notes and give reason for their recommendations**
- **Ask for accommodations before your appointment**
- **Listen to your body if something feels off vs. good**
- **Don't settle if feeling uncomfortable**
- **Know you can say no or ask to stop at any point**
- **Get for a second opinion**
- **Know how to make a complaint**
- **Ask for their PIN**
- **Build on your research and resources**
- **Communicate in a polite, clear and direct way**
- **Communicate in writing**





Mary Cronk's Assertive Phrases

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1. **“Thank you so much Midwife Sinister/ Mr Hi-an-my-tee, for your advice. We will consider this carefully and let you know our decision.”** Sweet Smile!
It can just take a minute to consider what you either want to know, or what you decide.
2. **“Would you like to reconsider what you have just said!”** Fierce glare. This is useful and, for example, applies to the misuse of the word “allow”.
3. **“I do not believe you can have heard what I have just said. Shall I repeat myself? ”**
4. **“I am afraid I will have to regard any further discussion as harassment.”**
This is used if the person does not respect your decision or persists in pressing the subject.
5. **“What is your NMC or GMC pin number?”** This is used if 4 is ineffective. If the person asks why you want their pin number, inform them that this is something they might like to consider.
6. **“STOP THIS AT ONCE”**. This to be used in extremes.

- Mary Cronk (2013)





When To Hire A Fertility Doula



1. When you are in the early stages of pregnancy after loss, infertility or fertility treatment.

- Research shows that people who conceive after loss, after periods of infertility or with assisted support, can have mixed emotions and feelings of fear and anxiety when then pregnant.
- A fertility doula, can offer continuity of support in the challenging and exciting points in the early stages of your pregnancy.

2. When you feel your lived experience or relationship may not be understood or respected in mainstream care.

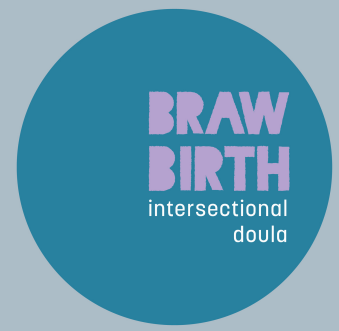
- It can feel daunting and overwhelming to access fertility support where perhaps you feel key parts of your identity, body or previous life experience maybe intentionally or unintentionally disregarded.
- They can work with you to ensure any accessibility needs, reasonable adjustments and personal needs are brought to your medical team's attention.

3. When you feel like want a better understanding and more education, guidance and resources to help you make informed decisions for your treatment plan.

- A doula will work on enhancing their evidence based education on fertility options and fertility treatments and technologies. They then work with you to ensure you are getting an unbiased education so you feel confident in the decisions you make and the treatment options you want to choose.



When To Hire A Fertility Doula



4. When you don't have a medical need for fertility support but need access to treatment and extra support in starting your family.

- Single
- Same sex, LGBT or Queer couple

5. When you have already been accessing treatment but your own experience so far feels overwhelming or too much to take on yourself.

- A fertility doula can provide emotional support and guidance alongside your medical treatment to help you process your feelings, be there to take some of the pressures and expectations away and help you get on track to feeling assured and supported in your treatment journey.





Useful Resources



Books

- It starts with an egg - Rebecca Fett
- Supporting Queer Birth - AJ Silver
- A Baby Makes More - Susan Goldberg & Chloe Brushwood Rose
- Raised by Unicorns; Stories from people with LGBTQ+ Parents - Frank Lowe
- Donor Conception Network Books

Podcasts

- Pride and Joy
- The Intersectional Fertility Podcast
- Same Families
- Just Bad Luck
- The Finally Pregnant Podcast

Social Media

- Braw Birth
- Queer Families & Outside the Box
- Rainbow Families
- Just bad luck
- The Hang out
- Fcuk your Fertility
- Intersectional Fertility
- Moss the doula
- Freddie McConnell
- Fat Positive Fertility
- LGBT Mummies Tribe
- The Single Parents Project

Groups

- LGBTQ+ Fertility Group -Fertility Network Scotland

