



Self-advocacy for trans individuals in birthing spaces

Maven Doula & Childbirth Educator CE Durfee, MSN, CNM, ARNP, CLC, CD(DONA) has 5 tips for how you can advocate for yourself to ensure your labor and delivery space is safe for your family.

01 Seek out queer, trans, and non-binary healthcare providers.
When possible and if accessible, seek out queer, trans, and non-binary healthcare providers such as a midwife, OB-GYN, or a Family Practice physician that does births to be part of your care team.

02 Include your name and pronouns on your birth plan.
Stating your pronouns in your birth plan removes guessing or assuming to ensure safer, more comfortable spaces for you in every room.

03 Hire a doula.
When possible and if accessible, seek out queer, trans, and non-binary healthcare providers such as a midwife, OB-GYN, or a Family Practice physician that does births to be part of your care team.

04 Take a gender-affirming birth class.
You'll learn helpful tips so you can go into the birth process with a solid foundation of knowledge to build upon. Check out Maven's LGBTQIA+ birthing class on-demand in the Maven app or on [Maven's YouTube channel](#).

05 Consider utilizing pronoun pins.
They can be helpful in your birthing space for you, your family, and your care team. Feel out what is best for you.

Get the support you need with self-advocacy, birthing, and finding gender-affirming care.

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