

# Black Birthing Bill of Rights

At NAABB we believe that all Black women and persons are entitled to equitable, comprehensive, and quality pre - and postpartum care in order to achieve their full birthing potential and thrive during the childbearing years. The Black Birthing Bill of Rights serves as a resource for individuals to become knowledgeable of their rights as a Black person in need of maternal care. It also serves as guidance to engage hospitals, health providers, government health agencies and others to change/improve their ethic, policies, and delivery approach to serving Black women and persons throughout the birthing process.



I have the right to be listened to and heard.



I have the right to have my humanity recognized and acknowledged.



I have the right to be respected and to receive respectful care.

I have the right to be believed and acknowledged that my experiences are valid.



I have the right to be informed of all available options for pain relief.



I have the right to choose how I want to nourish my child and to have my choice be supported.



I have the right to early postpartum visits and individualized postpartum care.

I have the right to restorative justice and mediation to address obstetric violence, neglect, or other injustices.



I have the right to choose the family and friends that are present during my pregnancy, birth and postpartum care.



I have the right to receive accurate information that will allow me to give informed consent or refusal.

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I have the right to receive affordable care.



I have the right to receive care from providers that share my cultural background.



I have the right to a doula or other professional support person.



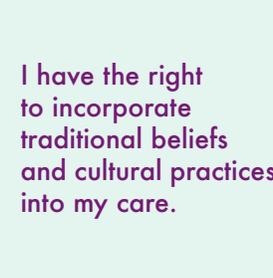
I have the right to a perinatal advocate to address my concerns.



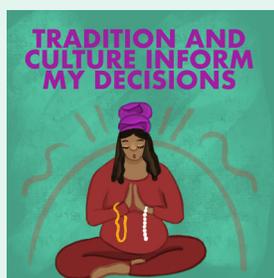
I have the right to change providers or birth facilities.



I have the right to receive care that acknowledges my strengths.



I have the right to incorporate traditional beliefs and cultural practices into my care.



I have the right to anti-racist maternity care.



I have the right to make medical decisions for my baby.



I have the right to uninterrupted time with my baby.