

Healing Through Continuity



**A midwives guide to supporting
subsequent births after trauma**

Continuity of Care Roadmap

Impact of Trauma

Understanding how previous birth trauma affects emotional and physical wellbeing

Continuity Model

Defining the framework for seamless, supportive and person centred care

Key Benefits

Exploring the advantages of consistent, compassionate, professional support

Clinical Strategies

Evidence based approaches to support healing and safe clinical care

Overcoming Barriers

Identifying and resolving structural and personal obstacles to consistent care

Empowerment

Building resilience and confidence for a positive future birth experience

Defining the Continuity of Care Model

Consistent Support Through Relationship Based Care

This model ensures you are supported by a known midwife throughout your entire journey. By building a deep trusting relationship, I provide a safe space to process previous birth trauma ensuring your emotional and physical needs are consistently met from pregnancy through to the postnatal period.



The Power of a Trusting Relationship

Healing Through Continuity of Care

A consistent trusting relationship acts as a clinical intervention itself. By building a secure attachment, survivors of birth trauma experience significantly reduced maternal anxiety, allowing them to rebuild confidence and feel emotionally safe throughout their subsequent pregnancy.



Reducing Medical Interventions

24%

Lower Risk
of Early Labour

15%

Reduction in Use
of Epidural

7 x

Likelihood of
Meeting Birth Goals

16%

Lower Risk of
Emergency Caesarean

19%

Fewer Preterm
Births

92%

Positive Emotional
outcomes for
Mothers

Barriers to Continuity

Many maternity care models currently focus more on efficiency than on building trusted relationships. After having experienced birth trauma, changing staff and mixed communication can increase anxiety. We need to remove these structural barriers so relationship based continuity becomes the standard care for everyone.

Gaps and Disconnection in Maternity care Services





Advocating for Better Care

Championing Continuity,
Trust and Personalised
Maternity Support

I am uniquely placed to advocate for continuity of care because I provide consistent, relationship based support throughout pregnancy, birth, and the postnatal period. This continuity helps families feel heard, safe, and informed, while reducing the stress that can come from fragmented care, changing staff, and inconsistent communication.

By prioritising trust, emotional safety and individual needs, I aim to create a more positive maternity experience and advocate for care systems that place relationships at the centre of care.

Healing Through Continuity

Rebuilding Trust and Improving Outcomes

Continuity of care is the heart of recovery after birth trauma. By building consistent, trusting relationships with providers, mothers and families experience significantly improved clinical outcomes and emotional wellbeing.

This stable support system provides the safety necessary to process past experiences and move forward with confidence and positivity.



The Reality of Birth Trauma

1 in 3

Mothers report their childbirth experience as traumatic

4-6%

Develop Post Traumatic Stress Disorder following birth

17%

Experience Post Traumatic Stress Symptoms

25%

Partners who witness traumatic births experience trauma

1.7X

Birth trauma leads to longer intervals before a second baby

75%

Untreated cases of mental health conditions

Sensitive Clinical Practice



Creating Physiological and Emotional Safety

Establish physical and emotional safety through consistency, clear communication and a calm environment tailored to individual needs.



Meaningful Informed Consent

Prioritise clear explanations and discussions ensuring the woman feels fully informed and empowered to give or withhold consent



Empowering Decision Making

Supporting women by offering choices in positioning, monitoring and environment, ensuring they remain the primary decision maker throughout their care



Connected Care Planning

Work together to identify potential triggers, discuss individual needs and create clear supportive plans for labour and birth



Restoring Confidence in Birth

Healing Through
Continuity of Care

Continuity of care provides the emotional safety net needed to transform the next birth experience.

By building trust and reliable support, women can regain their sense of control, process previous trauma and approach labour with a sense of empowerment, safety, and calm.

Thank you

Together we can create more positive birth experiences



Guided By You
Midwifery