Maternal Health Self-Check & Empowerment Guide

This self-check is not a medical diagnosis. It is a supportive tool to help you reflect on your health, strengthen your voice, and know when to seek support.

SCORING:

☐ Yes = 2 points ☐ Somewhat = 1 point ☐ No = 0 points

Maximum Score: 40 points

SECTION 1: Body Awareness & Reproductive Health

1. I notice changes in my body and trust myself when something feels different.

☐ Yes ☐ Somewhat ☐ No

Suggestion: Trust your instincts and write down changes or symptoms.

2. I am aware of reproductive health conditions (PCOS, endometriosis, fibroids, irregular cycles) that may affect my pregnancy or recovery.

☐ Yes ☐ Somewhat ☐ No

Suggestion: Ask your provider to review your reproductive health history.

3. I feel comfortable sharing my menstrual or reproductive health history with my provider.

☐ Yes ☐ Somewhat ☐ No

Suggestion: Writing notes before appointments can help.

4. I understand ongoing pelvic pain or heavy bleeding is not something I have to live with.

☐ Yes ☐ Somewhat ☐ No

Suggestion: Pain that affects daily life deserves medical attention.

SECTION 2: Pregnancy Safety & Health Knowledge

5. I understand pregnancy warning signs that require medical attention.

☐ Yes ☐ Somewhat ☐ No

Suggestion: Reviewing warning signs helps you feel prepared.

6. I know when to seek emergency care instead of waiting for an appointment.

☐ Yes ☐ Somewhat ☐ No

Suggestion: Ask your provider for clear emergency guidance.

7. I feel confident reporting symptoms such as headaches, swelling, or shortness of breath.

☐ Yes ☐ Somewhat ☐ No
Suggestion: Explain how symptoms affect your daily life.

8. I feel comfortable asking, “Is this normal?” when I am unsure.
☐ Yes ☐ Somewhat ☐ No
Suggestion: There are no wrong questions.

SECTION 3: Communication & Self-Advocacy

9. I feel heard and respected by my healthcare provider.
☐ Yes ☐ Somewhat ☐ No
Suggestion: Respect is part of quality care.

10. I feel confident asking questions until I fully understand my care.
☐ Yes ☐ Somewhat ☐ No
Suggestion: Ask for explanations in plain language.

11. I know I can request documentation or a second opinion.
☐ Yes ☐ Somewhat ☐ No
Suggestion: Second opinions support informed decisions.

12. I feel comfortable bringing a support person to appointments.
☐ Yes ☐ Somewhat ☐ No
Suggestion: Support persons can help you advocate.

SECTION 4: Postpartum Planning & Support

13. I understand my health matters for up to 12 months postpartum.
☐ Yes ☐ Somewhat ☐ No
Suggestion: Request follow-up care beyond six weeks.

14. I know postpartum warning signs to watch for after delivery.
☐ Yes ☐ Somewhat ☐ No
Suggestion: Seek care immediately if something feels wrong.

15. I have thought about what support I may need after birth.
☐ Yes ☐ Somewhat ☐ No
Suggestion: Planning ahead reduces stress.

16. I feel comfortable asking for help during recovery.
☐ Yes ☐ Somewhat ☐ No
Suggestion: Asking for help is strength.

SECTION 5: Emotional Wellness & Support

17. I feel emotionally supported during pregnancy or postpartum.

☐ Yes ☐ Somewhat ☐ No

Suggestion: Support can come from people or groups.

18. I recognize when stress, anxiety, or sadness is affecting me.

☐ Yes ☐ Somewhat ☐ No

Suggestion: Emotional changes are common.

19. I know where to turn if I need mental health support.

☐ Yes ☐ Somewhat ☐ No

Suggestion: Identify resources early.

20. I feel safe asking for help when I need it.

☐ Yes ☐ Somewhat ☐ No

Suggestion: Your needs matter.

Your Results & What They Mean

After completing the self-check, add up your points to find your total score.

🟢 32–40 points — Strong & Supported

You appear informed and supported. Continue using your voice, asking questions, and staying engaged in your care.

🟡 20–31 points — Growing Confidence

You are building awareness and confidence. Additional education, resources, or supportive conversations may help strengthen your experience.

🔴 0–19 points — Additional Support Recommended

You may benefit from more information or support. You are not alone, and help is available.

Next Steps:

- Download maternal health resources
- Talk with a trusted provider or support person
- Reach out to Khairi and Little Angels' Memorial for guidance

Remember: Advocacy is a skill — and you are learning it.