SAFER*Birth* PROJECT
TRAINING
COMMUNITY
CHANGE

Trauma-Informed Maternity Care

Training Participant Resources.

Every training participant receives a professionally designed toolkit to support practice change after the course. Here is what is included at each level.

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CORE KNOWLEDGE

Foundational Training.

Core knowledge, recognition, communication, consent, and safer practice.

1

Quick-Reference Guide: Labour, Birth and After.
The S.A.F.E.R. model, recognising trauma responses in labour, before, during and after procedures, eight body-autonomy rules, disclosure, repair, and care after birth. Print it, pin it, keep it where you can see it.

2

Communication Scripts.
What to say, what to avoid, and what to do when it goes wrong. Covers the Ask. Pause. Wait. protocol, consent during procedures, scripts for specific situations, disclosure, repair, and care after birth.

3

Small Changes Checklist.
Practical habits across nine areas: S.A.F.E.R. practice, body autonomy, environment, communication, documentation, team habits, care after birth, looking after yourself, and personal focus. The part you can use tomorrow.

4

Reflection Worksheet.
A structured tool for consolidating what you have learned and translating it into specific practice change. Includes a S.A.F.E.R. self-audit, the Stop/Start/Continue exercise and team-level reflection.

5

Practice Cards.
Three print-ready cards: an A4 wall card with the S.A.F.E.R. model, key phrases and what to do if she freezes, dissociates, panics or says no; an A5 pocket card for before, during and after procedures; and an A5 card for care after birth.

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BUILDS ON THE FOUNDATIONAL TRAINING

Advanced Training.

Trigger work, case-based practice, clinical responses, and complex scenarios.

1

Trigger Checklist.
The seven major trigger themes, with checklists across pregnancy, labour, and the postnatal period. Includes the trigger cascade and recording and handover guidance.

2

Consent Language Examples.
The S.A.F.E.R. model applied procedure by procedure across ten clinical procedures, with body autonomy principles and documentation guidance.

3

Case Study Worksheets.
Four developed clinical cases spanning antenatal, labour, emergency, and postnatal care. Each with structured discussion prompts, action planning, and a bring-your-own-case template.

4

Cascade Mapping Worksheet.
A forward-planning tool for mapping the likely trigger cascade for a specific person in your care and coordinating interruption points with the team.

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Trigger work, case-based practice, clinical responses, and complex scenarios.

5

Procedure Planning Template.
A working template for planning a specific procedure with a specific person. Covers body autonomy, environment, language, consent, and team coordination.

6

Documentation and Handover Templates.
Five templates covering the trauma-informed care plan, verbal handover, procedure records, discharge, and care episode summaries. Includes a good vs poor documentation comparison and a worked example.

These resources are included with training and are not available separately.
They are designed to be used alongside the learning, not as standalone tools.

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