

SENSORY PROCESSING



Sound

Noises, vibrations, beeping, loud talking, intercom buzzers. Please limit where possible



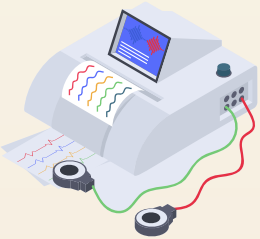
Sight

Visual effects like lights, colours, flashes are overwhelming. Please limit where possible



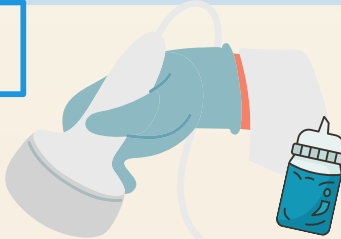
Touch

The feeling of materials, being touched, or certain pressure can be uncomfortable for me



Sensation

Please note that I find monitoring such as use of CTG & other machines or ultrasounds difficult



Product use

Gel and other products can cause sensory discomfort. I prefer to apply and wipe off myself



Smell

Strong smells can be triggering for me. Please help to limit exposure



Crowded spaces

Crowds in waiting rooms/busy corridors are overwhelming. Options to wait in a quiet room or outside are helpful



Visitors & more

Other people's visitors, their babies and staff will be challenging. Where possible, privacy can help

Additional notes on how you can support my sensory processing:

COMMUNICATION



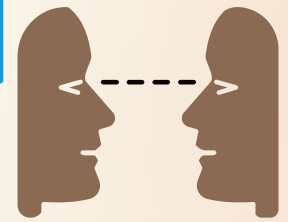
Auditory Processing

I may have trouble listening, understanding, following conversation or focusing on instruction



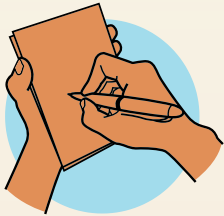
Information Retention

It is hard for me to remember things. Please break down information where possible into manageable pieces



Eye Contact

Eye contact makes me uncomfortable. Thanks for understanding



Written Preferred

I find it easier to communicate in written format. This may be by hand, text or email



Talk Slowly

Slowed down speech, repeated instructions or important phrases is helpful when processing



Time to Process

Please don't rush me. Allow me time to process and respond once I've made a decision or have an answer



Communication Aids

I may record the appointment, or ask for someone to speak for me



Continuity of Care

Please minimise the number of people I meet. I manage better with someone I know

Additional notes on how you can support me with communication:

EXECUTIVE FUNCTION

Challenges may include organising tasks, time management, object permanence, memory, decision-making, focus and attention



Forms

I may need help to fill out forms or questionnaires



Navigation

Appointment reminders and notifications are very helpful for me



Say your Name

I struggle with facial recognition - please share your name and role everytime we meet



Appointments

I would benefit from shorter / longer appointments. Appointment reminders are helpful.



Questions

Please allow more opportunities for me to ask questions or to clarify information



Postpartum

I feel I will need additional support with baby care, self-care and recovery. Please discuss with me

Additional notes on how you can support my executive functioning:

MENTAL HEALTH



Stimming

I may stim when I am feeling anxious or excited. This looks like

Please do not discourage me unless it is unsafe



Tics

I experience involuntary tics that can increase when I am stressed/excited. This looks like



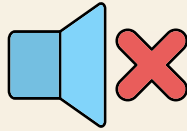
Masking

I can mask my neurodivergent behaviours and traits. It may not be apparent if I am struggling. Please periodically check in with _____ to ask how I am doing



Meltdowns

I may experience a meltdown if I am overwhelmed. You can help me by



Shutdowns

I may experience a shutdown and/or become mute if I am overwhelmed. You can support me by



Routine

Routine is important to me to feel safe. You can help me by

How I'm feeling about this pregnancy and birth

These things help me to feel supported: