

Listening to Mothers in California Toolkit

Listening to Mothers in California is a statewide population-based survey of women who gave birth in 2016. It is the first state-level fielding of the national Listening to Mothers survey and the first Listening to Mothers survey available in both English and Spanish. The survey provides extensive, timely, previously unavailable data about women's maternity care and postpartum experiences, views and outcomes. The new survey highlights the voices of women themselves and focuses on important topics such as bias and discrimination in health care, disparities faced by women of color, maternal mental health, current maternity care practices, and more.

- ▶ **Read the full survey report** at NationalPartnership.org/LTMCA.
- ▶ **Use #Listening2Mothers to join the conversation on social media and share multimedia materials.**
- ▶ **Check out our #Listening2Mothers events.**

SAMPLE TWEETS

Full Survey Report

- ▶ **NEW:** Read the #Listening2Mothers in CA survey from @childbirth and @NPWF for extensive, timely, previously unavailable data about women's maternity care and postpartum experiences, views and outcomes. NationalPartnership.org/LTMCA
- ▶ **NUEVO:** Lee la encuesta #Listening2Mothers en California de @childbirth y @NPWF para obtener datos extensos, oportunos, y que previamente no estaban disponibles acerca del cuidado de maternidad y las experiencias, perspectivas, y resultados posparto. NationalPartnership.org/LTMCA
- ▶ **NEW:** The #Listening2Mothers in CA survey from @childbirth and @NPWF highlights the often unheard voices of childbearing women. Learn more. NationalPartnership.org/LTMCA
- ▶ **NUEVO:** La encuesta #Listening2Mothers en California de @childbirth y @NPWF destaca las voces frecuentemente ignoradas de las mujeres en edad reproductiva. Aprende más NationalPartnership.org/LTMCA

- ▶ Women are speaking out and being heard on key issues like fair pay, sexual harassment and discrimination. But there's one important place women are not being heard: the delivery room. Learn more from @NPWF and @childbirth. #Listening2Mothers NationalPartnership.org/LTMCA
- ▶ Las mujeres están siendo escuchadas cuando viene a cuestiones fundamentales como la igualdad salarial, el acoso sexual y la discriminación. Pero hay un sitio importante donde no las están escuchando: la sala de partos. Aprende más. #Listening2Mothers NationalPartnership.org/LTMCA
- ▶ Women are the experts of their own experiences, including childbirth. Maternity care providers must listen to women. #Listening2Mothers NationalPartnership.org/LTMCA
- ▶ Las mujeres son expertas de sus propias experiencias, incluyendo el parto. Los proveedores de cuidado de maternidad deben escuchar a las mujeres. #Listening2Mothers NationalPartnership.org/LTMCA
- ▶ #Listening2Mothers matters! While 9% of women used a midwife, 17% said they would definitely want one and 37% said they would consider one for a future birth. Moms want access to midwives, doulas and birth centers, which are proven forms of care. NationalPartnership.org/LTMCA
- ▶ ¡Escuchar a las mamás importa! Aunque el 9% de mujeres fueron atendidas por una partera, el 17% dijeron querer una y el 37% q considerarían tener una en un parto futuro. Las mamás quieren acceso a parteras, doulas y centros de nacimiento #Listening2Mothers NationalPartnership.org/LTMCA
- ▶ DYK? 40% of #Listening2Mothers respondents reported that a maternity care provider used medication and/or other procedures to try to induce labor before it had started on its own. NationalPartnership.org/LTMCA
- ▶ ¿Sabían? El 40% de las encuestadas para #Listening2Mothers reportaron que un proveedor de cuidado de maternidad uso medicamentos y/o otros procedimientos para inducir el parto antes de que comenzara por sí solo. NationalPartnership.org/LTMCA
- ▶ The #Listening2Mothers survey found that 69% of respondents had a vaginal birth and 31% had a cesarean birth, including more than 1 in 4 low-risk women. NationalPartnership.org/LTMCA
- ▶ La encuesta #Listening2Mothers encontró que el 69% de las encuestados tuvieron un parto vaginal y el 31% un parto por cesárea, incluyendo 1 de cada 4 mujeres en un nivel de bajo riesgo. NationalPartnership.org/LTMCA

Listening to Asian and Pacific Islander Mothers in California

- ▶ “One nurse during my labor seemed to really push for epidurals, which I did not want at first. I did not like how she kept asking.” #Listening2Mothers npwf.info/2oYWAAAs
- ▶ “Una enfermera durante mi parto parecía estar presionado para la anestesia epidural, la cual yo no quería al principio. No me gusto como seguía preguntando.” #Listening2Mothers npwf.info/2oYWAAAs
- ▶ Asian American and Pacific Islander women report having limited practical and emotional support after childbirth. Learn more from the #Listening2Mothers in CA survey. npwf.info/2oYWAAAs
- ▶ Las mujeres asiáticas americanas y con ascendencia de las Islas del Pacífico reportan tener apoyo práctico y emocional limitado después del parto. Aprende más de la encuesta #Listening2Mothers en California. npwf.info/2oYWAAAs
- ▶ API women’s self-reported experiences during pregnancy and childbirth have received limited attention in the national conversation about maternity care. Learn more from the new #Listening2Mothers in CA survey. npwf.info/2oYWAAAs
- ▶ Las experiencias auto reportadas por las mujeres asiáticas americanas y con ascendencia de las Islas del Pacífico han recibido atención limitada en la conversación nacional acerca del cuidado de maternidad. Más en #Listening2Mothers en California. npwf.info/2oYWAAAs

Listening to Black Mothers in California

- ▶ From the new #Listening2Mothers survey: More than 10% of Black mothers were treated unfairly during their hospital stay because of their race or ethnicity Black women experienced discrimination from maternity care providers more often than white women. npwf.info/2oYXKvO
- ▶ De la nueva encuesta #Listening2Mothers: Más del 10% de las madres afroamericanas fueron tratadas injustamente durante su estancia hospitalaria a causa de su raza y origen étnico. #ListenToBlackWomen #BlackMamasMatter npwf.info/2oYXKvO
- ▶ Las mujeres afroamericanas sufren discriminación de sus proveedores de cuidado de maternidad más a menudo que las mujeres blancas. #Listening2Mothers #ListenToBlackWomen #BlackMamasMatter npwf.info/2oYXKvO
- ▶ During childbirth, Black women were more likely than white women to report feeling pressured to have medical interventions, according to the new

#Listening2Mothers survey. Unacceptable! #ListenToBlackWomen
#BlackMamasMatter npwf.info/2oYXKvO

- ▶ Las mujeres afroamericanas fueron más propensas que las mujeres blancas a reportar ser presionadas a tener intervenciones médicas, de acuerdo a la nueva encuesta #Listening2Mothers en California. ¡Esto es inaceptable!
#ListenToBlackWomen npwf.info/2oYXKvO
- ▶ Black women reported they are not receiving the care and nonmedical support they need to thrive before, during and after childbirth, according to #Listening2Mothers. Maternity care providers *must* #ListenToBlackWomen!
#BlackMamasMatter npwf.info/2oYXKvO
- ▶ Las mujeres afroamericanas reportaron que no reciben el cuidado y apoyo no médico que necesitan para progresar antes, durante y después del parto. Los proveedores de cuidado de maternidad deben escuchar a las mujeres afroamericanas. #Listening2Mothers npwf.info/2oYXKvO

Listening to Latina Mothers in California

- ▶ A Latina mother about her childbirth experience: "Almost nobody spoke Spanish ... and that stressed me ... I found communication was hard." #Listening2Mothers npwf.info/2x3BPr9
- ▶ Una madre Latina acerca de su experiencia de parto: "Casi nadie hablaba en español... y eso me ponía estresada... Encontré que la comunicación fue difícil." #Listening2Mothers npwf.info/2x3BPr9
- ▶ NEW: Latina mothers experience discrimination during birth, feel unsupported in their decision-making and lack support after childbirth according to the #Listening2Mothers in CA survey findings. npwf.info/2x3BPr9
- ▶ NUEVO: De acuerdo con los hallazgos de la encuesta #Listening2Mothers en California, las madres latinas sufren discriminación durante el parto, sienten una falta de apoyo en su toma de decisiones y carecen de apoyo después del parto. npwf.info/2x3BPr9
- ▶ Latinas experienced discrimination from maternity care providers: 10% of women who spoke Spanish as a first language reported unfair treatment. #Listening2Mothers npwf.info/2x3BPr9
- ▶ Las latinas sufren discriminación por parte de sus proveedores de cuidado de maternidad: 10% de las mujeres para quienes el español es su lengua materna reportaron trato injusto. #Listening2Mothers npwf.info/2x3BPr9

Multimedia and Shareable Images

- ▶ Download shareable images [here](#).
- ▶ Please retweet and/or repost these videos:
 - ▶ #Listening2Mothers: Compilation [Facebook](#) | [Twitter](#)
 - ▶ #Listening2Mothers: Kimberly [Facebook](#) | [Twitter](#)
 - ▶ #Listening2Mothers: Angelina [Facebook](#) | [Twitter](#)
 - ▶ #Listening2Mothers: Luz [Facebook](#) | [Twitter](#)

UPCOMING EVENTS

- ▶ Stay tuned for information about a Facebook Live video on the survey in September.
- ▶ [Register for the webinar](#) on key findings from the Listening to Mothers in California Survey on Thursday, September 20 at 12 p.m. PT.
- ▶ For more resources, visit the [digital report](#).