



Perinatal Mental Health Project

Caring for Mothers. Caring for the Future.

www.pmhp.za.org

Foundations of Respectful Maternity Care

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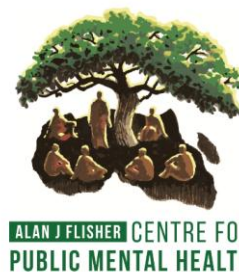


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Dignity

Being treated like you
matter





**Freedom from
harm**

No mistreatment





Non-discrimination

Getting equal care





Privacy

Keeping your body
private





Confidentiality

Keeping your
information private





Information and respectful communication

Knowing your own
health information





Informed consent

First getting
information, and
asking for permission





Autonomy

Making your own
choices





Pain relief

Managing your pain





Companionship

Having someone
there to support you





Newborn rights

Protecting your baby





Perinatal loss

Special care for those
who are experiencing loss





Accountability

An enabling health
system





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The Perinatal Mental Health Project



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