



Photo by Pixabay/ CCO

Are there cultural customs during your care you would like to discuss?

Have you been traumatized in a healthcare setting?

**You are not alone.
Your comfort, privacy, and mental health matter to us!**

Supporting Modesty and Culturally Safe Care during Childbirth:

Are you worried about being uncovered when you have your baby?

- Talk to your Doctor, Midwife, or Nurse anytime about your concerns.
 - We want your birth to feel supported and safe.
 - We want your needs respected.
- There are different options to keep you covered and maintain modesty as much as possible.
 - For example, extra sheets can be placed on your legs during delivery or while in the operating room, or your baby can be placed skin-to-skin with additional blankets covering you.

Have you experienced trauma?

- Talk to your Doctor, Midwife, or Nurse anytime about your concerns.
We want your birth to feel supported and safe.

The SHA is committed to physical, psychological, social, cultural, and environmental safety, everyday, for everyone.



CS-PIER-0347
Area: Provincial
March 2026