



# Cross-Cultural Competency & Respect

Prenatal Education

# The Basics

- ❖ Cultural Identity
- ❖ Self
- ❖ Knowledge
- ❖ Empathy



# Mission & Vision

## *Mission*

To support, advocate for and educate refugees throughout the pregnancy, birth and postpartum experience and to train refugee women to serve as doulas and educators within their ethnic communities.

## *Vision*

Healthy, Empowered & Culturally Sensitive births

# Barriers to prenatal care



## Practical

Language

Transportation

Childcare

# Barriers to prenatal care

## Cultural

High/Low power

Attitude about health





# Cultural Competency & Respect

Why is it important?



# “Break the Silence”

White Ribbon Alliance





# Birth Trauma

~~Confidence  
Self-Esteem~~



# Why Prenatal Education?



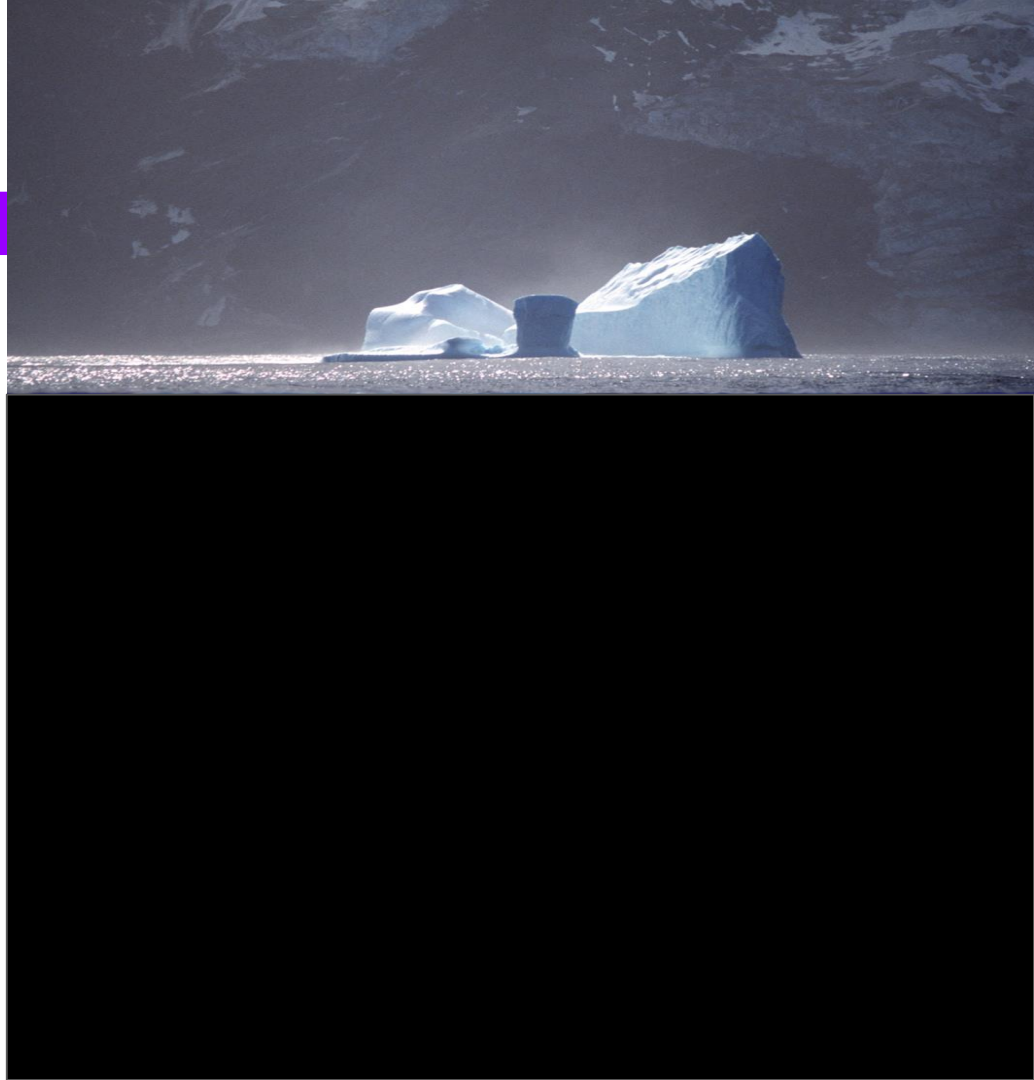
# Creating a culturally sensitive & respectful classroom



# Iceberg

10% seen

90% unseen





# Cultural Audit

Classroom, Program or Organization

# Becoming Culturally-Sensitive & Respectful

Know yourself:

Cultural Identity

Birth Philosophy

Mission & Vision



# Survey

Everyone Has a Culture--Everyone is Different



# Birth Philosophy

Everyone has a Birth Philosophy--  
Everyone is Different



# Mission & Vision Statements

## Mission

An organization's **mission** statement describes what the group is going to do and why it's going to do that.

## Vision

Your **vision** is your dream. It's what your organization believes are the ideal conditions for your community; that is, how things would look if the issue important to you were completely, perfectly addressed.



# Becoming Culturally-Sensitive & Respectful

Know your audience:

Connect with Community Members

Research the culture

Build relationships



Knowledge & Empathy

# Community Members



# Five Important Things to Consider

1. Gather Knowledge
2. Solve problems
3. Body Language
4. Learning
5. Conflict



Knowledge &  
Empathy

# Humility & Humor



# Bridging the Gap



# Call to Action

- Evaluate your Program/Self
- Meet Community Members
- Never stop learning

