



How do personal views and experiences of midwives influence women's views on normal birth?



....Strong women need strong midwives....

Projectteam:

- Sigrún Kristjánsdóttir
- Björk Steindórsdóttir
- Carola Groenen
- Esther Nieuwschepen-Ensing

Methods:

- Literature search
- Questionnaires by midwives on the Reykjavik congress (May 2019)
- Focusgroup with midwives in Iceland (January 2020)
- Interviews with midwives in the Netherlands (January-February 2020)



To keep midwives strong, they need more peer support on a regular basis

Peer Support:

- Midwives schools and midwives' organizations can organize peer-groups
- Let the management facilitate peer-groups
- Find midwives to make your own peer group



Words of midwives matter, the way of informing women should get more attention

Informing:

- Informing women is key for midwives and midwives' organizations
- The way (with words and body language) midwives inform women has a big impact on women's feelings about security
- Communication is an important skill for midwives, upkeep this skill



Midwifery research must be well known by midwives and more integrated in the informed choice by women

Research:

- Stimulate midwifery research
- Midwives should participate in research for their own goal
- Use the midwifery research so women can make an informed choice about normal birth



Social media is where the women are, so midwives have to be there too

Social Media:

- Social media experts know how to do this well, midwives should take their help or advice.
- Communication by social media must be a regular task for midwives in face to face communication
- Find role models as ambassadors for the midwives, let them influence people about midwifery



**"Let the normal birth be the normal"**