



How to use a Body Map

A body map is an opportunity for people who are pregnant to share about the language they feel comfortable with around their body and what they use it for. It is a powerful tool for providing personalised and trauma-informed care.

There can be lots of reasons why someone might benefit from a body map, including those who have a **history of abuse**, those who experience **body dysmorphia** or **gender dysphoria**, or those who want to use language around **hypnobirthing** or similar.

Connection

Filling in a body map is an opportunity to connect with the person who is pregnant. To talk about their expectations about what their body is going through, what parts are involved, and how best to talk about them. This is about building safe and strong connections with someone, usually at an early opportunity like a booking appointment or similar.

Optional

Not everyone is going to want to fill one out or feel the need for a body map. If that's the case let them know what language you will be defaulting to, for example you may use anatomical language for body parts and feminine language for identities (e.g. mum/woman etc).

Ongoing

The body map is an evolving document and can be added to as needed. For example, when talking about birth plans someone may find it difficult when talking about "tearing" and choose that other language is used. This can be added to the body map to keep it up to date.

More than body parts

The body map isn't just about labelling body parts, but also about the words we use for identities as well as actions and the processes of birth.

What words does someone want to use around infant feeding? Do they want to call contractions "surges" or similar? Do they have particular words around pain and sensation that they want to use?

Included in this document are 2 examples of completed body maps and an empty printable copy to use too.



Date: 5/5/24

Example
Body Map #1

This is your body map. A chance to share what language you want used around your body and your pregnancy. This is yours to write and draw on as needed. It will then be stored with your notes.

This is an optional document and it can also be added to at a later date if needed.

Your name: Gina Jones Your gender: woman

Name of professional: Martha McConnell Your pronouns: she/her

What is your preferred parent name(s)? (e.g. Mummy)
mummy, mama, mum, mother

Would you prefer midwives and other staff call you by your name and not a parent name? please don't call me "mummy"

Infant feeding terms (e.g. breastfeeding): breastfeeding

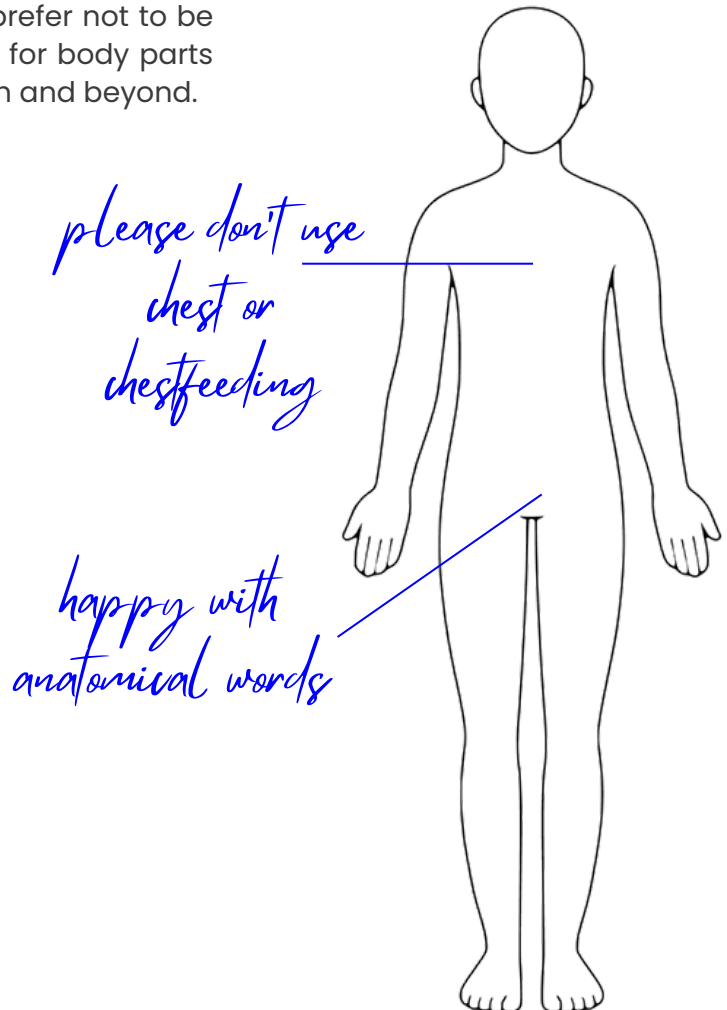
Body Map

Please use this space to write what words you're comfortable with, as well any that you prefer not to be used. This can be anything from words for body parts as well as words around pregnancy, birth and beyond.

Notes:

please don't talk about "pain" during labour or "contractions". I prefer "intensity" and "surges"

Add anything else relevant here





Date: 5/5/24

Example Body Map #2

This is your body map. A chance to share what language you want used around your body and your pregnancy. This is yours to write and draw on as needed. It will then be stored with your notes.

This is an optional document and it can also be added to at a later date if needed.

Your name: Jay Derby Your gender: Nonbinary trans man

Name of professional: Martha McConnell Your pronouns: he/him or they/them

What is your preferred parent name(s)? (e.g. Mummy)
Papa, Dad, ren (short for Parent)

Would you prefer midwives and other staff call you by your name and not a parent name? yeah fine

Infant feeding terms (e.g. breastfeeding): chestfeeding, although I will be bottle feeding

Body Map

Please use this space to write what words you're comfortable with, as well any that you prefer not to be used. This can be anything from words for body parts as well as words around pregnancy, birth and beyond.

Notes:

My partner Kay is Mama to the baby and her pronouns are she/her

please don't assume the gender of my baby. we use "they" to talk about them

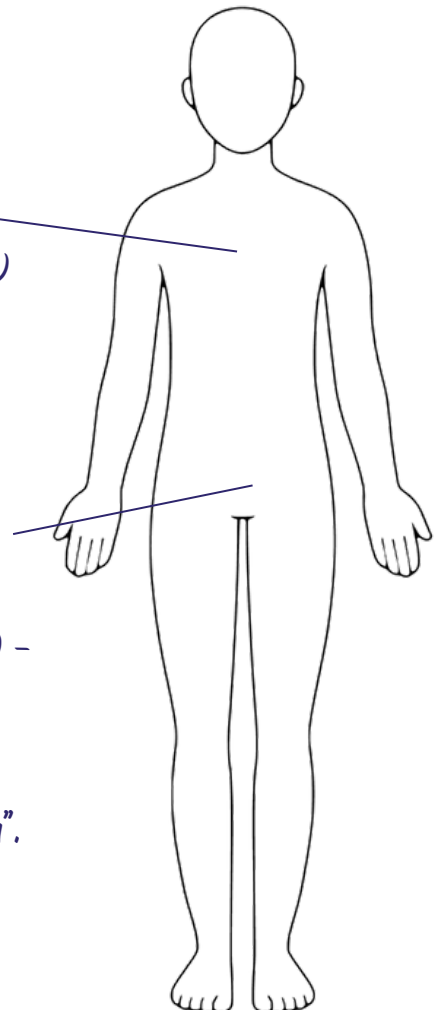
Add anything else relevant here

*Chest
(never breasts or boobs)*

external - genitals or privates

internal (like womb etc) - anatomical is fine

*please don't say "vagina".
Talk about "inside my genitals"*





Date: _____

Body Map

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This is an optional document and it can also be added to at a later date if needed.

Your name: _____ Your gender: _____

Name of professional: _____ Your pronouns: _____

What is your preferred parent name(s)? (e.g. Mummy)

Would you prefer midwives and other staff call you by your name and not a parent name? _____

Infant feeding terms (e.g. breastfeeding): _____

Body Map

Please use this space to write what words you're comfortable with, as well any that you prefer not to be used. This can be anything from words for body parts as well as words around pregnancy, birth and beyond.

Notes:

Add anything else relevant here.

