

Attn: \_\_\_\_\_

From: \_\_\_\_\_

Dear Prenatal Care Provider,

I am a survivor of childhood abuse. As such, I am aware that there are many potential triggers that may come up for me during and after my pregnancy and birth. Childhood abuse survivors are more likely to suffer from depression, anxiety, addiction and PTSD and have a higher risk of postpartum depression. I have provided some information here so that you will be able to consider them in your care of me. Thank you for prioritizing my mental health while you care for my physical health and the health of my baby.

I experienced the following kinds of childhood trauma:

- neglect/abandonment
- physical abuse
- emotional abuse
- sexual abuse
- financial abuse
- a family member with addiction
- a family member with depression or other mental illness
- a family member who was incarcerated
- witnessing domestic violence
- other: \_\_\_\_\_

I live with / have been diagnosed with the following:

- anxiety
- depression
- post traumatic stress disorder
- addiction
- chronic pain / fatigue
- currently living with or witnessing domestic abuse
- other: \_\_\_\_\_

You can help me feel more comfortable during my treatment in the following ways:

- Refer me to mental health clinicians who specialize in trauma that can support me through this time
- When you are examining me, ask for consent before you touch me, and keep me apprised of what you are about to do and why.
- Be aware that I may have internal scarring from sexual abuse that could impact my recovery after childbirth
- Be aware that the physical sensations of pregnancy, childbirth, breast feeding and resuming sexual activity post childbirth can re-traumatize survivors, and help me to discuss strategies for coping with these potential triggers
- Help me find parenting resources such as support groups for postpartum depression so that I know where to go if I need help
- Understand that certain medical procedures may be triggering for me, and offer alternative procedures when possible

Thank you for taking the time to incorporate this information into my treatment plan.

Sincerely,

\_\_\_\_\_

For more information, see:

ACEs Connection <http://www.acesconnection.com/>

The Adverse Childhood Experiences Study <http://acestudy.org/index.html>

Parenting With PTSD [www.parentingwithptsd.com](http://www.parentingwithptsd.com)