

# Your Strengths Matter in Your Care



In OB/GYN care, your provider brings medical knowledge. You bring your own life experience, values, and strengths.

## You may bring many of these strengths into your care:

### Your Hopes and Dreams

Your hopes for yourself, your baby, and your family — even when things feel hard.

### Your Family and Relationships

Your love for your child, your caregiving skills, family traditions, and sense of responsibility.

### Your Voice and Story

How you share your story, ask questions, and explain what you need.

### Your Support System

People who support you, like family, friends, faith groups, or other parents.

### Your Problem-Solving Skills

Your ability to handle appointments, stress, and big life changes.

### Your Ability to Speak Up

Your instincts to protect yourself, your baby, and your choices — including setting boundaries.

## What You Can Expect from Your Provider

Your provider may:

- Ask about what matters most to you
- Listen to your thoughts before giving advice
- Respect your choices
- Make plans with you, not for you

## You are always allowed to say:

- "This is important to me."
- "This has helped me before."
- "I need time to think."
- "Can we talk about my options?"

NC MATTERS offers real-time behavioral health consultation for providers. Talk with your provider about including this support in your care.

**For Providers: Call (919) 681-2909**



NC MATTERS