Rights Over My Birth

I have the right to:

1. Say “no” and be heard
2. Labor in the way that works for me
3. Know all my options
4. Change doctors, midwives or nurses
5. Leave the hospital or birth center
6. Not to be touched
7. Birth vaginally
8. Breastfeed
IF YOU FEEL YOUR RIGHTS HAVE BEEN VIOLATED:

Birth Rights Bar Association
www.birthrightsbar.org

National Advocates for Pregnant Women
www.advocatesforpregnantwomen.org

Human Rights in Childbirth
www.humanrightsinchildbirth.org