# What you have access to in the liberate your fat birth course:



Pregnancy should be an empowering experience, but plus-size individuals often face stigma in medical settings.

## Building a Supportive Community

Explore community agreements, access peer support, and understand potential content sensitivities to ensure a safe and affirming learning environment.



## Recognizing Systemic Bias

Examine how anti-fatness intersects with other forms of oppression, including anti-Blackness. Understand the systems that impact fat individuals in medical spaces.

## Navigating Anti-Fat Bias in Prenatal Care

Recognize how anti-fat bias manifests during pregnancy care, including common medical misconceptions and research limitations. Learn strategies for identifying and countering harm.



Explore fat-positive models of care, weight-inclusive approaches, and the role of self-advocacy in fostering supportive prenatal experiences.

## Preparing for Pregnancy and Birth

Develop a mindset that empowers you to navigate the medical system with autonomy. Learn practical advocacy tools for both yourself and your support network.

### Choosing the Right Healthcare Provider

Discover strategies for identifying fatpositive providers, assessing their approach to care, and preparing for medical appointments to ensure respectful treatment.

## Collaborating with Your Provider

Learn how to engage in shared decision-making, confidently voice concerns, and handle challenging medical situations with resilience.



#### Begin Your Journey Toward an Empowered Birth!

LINK IN BIO



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bit.ly/liberatefatbirth

