

Summary of a research project:

*Pregnancy intentions in a group of remote-dwelling Australian Aboriginal women: a qualitative exploration of formation, expression and implications for clinical practice*

## Deciding about having babies: Women tell us their story

In the last two years, we spent a lot of time yarning with women about women's business. First, we asked women about using contraception ("medicine to stop you having babies"). We found out that a third of women had used contraception and women told us about their experiences using this medicine. We also wanted to know the **reasons why women might not use contraception**, so we talked to women some more about having babies, making decisions and going to the clinic.

### We wanted to find out:

- What are good **ways to talk about having babies** so the clinic staff understand the woman best
- How women **make decisions** about having babies or using contraception
- Whether women **feel pressure or feel forced** about having babies or using contraception
- Why some women might **not want to come to clinic** to talk about having babies or using contraception

### What we found out:

- It is better to have a longer talk about having babies, and ask more questions in different ways to make sure that clinic staff understand women best - **don't be in a rush**
- **Culture** is important to women when talking about having babies and families
- **"Ending a pregnancy"** (or termination) is not common for women here
- Sometimes women **feel pressure or feel forced** from their partner to stop using contraception and have a baby instead
- Some women stay away from the clinic when they are thinking to have a baby or use contraception – some reasons for this might be **being afraid they might have a sickness, thinking they will get humbug from clinic** or **feeling shame**.

### What we will do next:

- Make some **picture books** to help teach young women about how to be healthy and have healthy babies
- Check to see if this helps keep them healthy
- **Write about what we have learned** to put in a journal (no names of anyone, just numbers and some words that were shared with us)
- **Support women's health programs**, based on what women think is most important

*We would like to thank all the women in the participating communities for their contributions over several years, for which we are deeply grateful.*

Published 14.5.2019. Questions, comments and feedback to Dr Emma Griffiths ([emma.griffiths@rcswa.edu.au](mailto:emma.griffiths@rcswa.edu.au)).

Available: <https://bmcpublihealth.biomedcentral.com/articles/10.1186/s12889-019-6925-8>.