



# Advice for women with Cerebral Palsy thinking about motherhood

(from women with Cerebral Palsy)

## RICH project

Rights & Choices of Women with Cerebral Palsy during Maternity Care

The following quotes are from women, with different types of CP, who took part in the RICH project. They gave birth to their babies in UK between 2019 and 2024. They have some advice to share with other women with CP considering pregnancy and motherhood:

### “ Considering Pregnancy

You know your body often best, and you probably need to advocate for yourself. Don't assume that you can't have kids or that you can't have a relatively normal pregnancy journey.

(Brooke, Tripletia, 2023)



### “ Considering Pregnancy

I would just say don't doubt yourself.... Just be firm with any staff that aren't really taking you seriously. Know what you are entitled to.

(Ashika, Diplegia, 2022)

### “ Considering Pregnancy

Have someone who you can trust, like maybe with medical background who will say ok you can do it, and you can deliver in a different way....

And be prepared to fight.  
(Andrea, Hemiplegia, 2021)

### “ Pregnancy

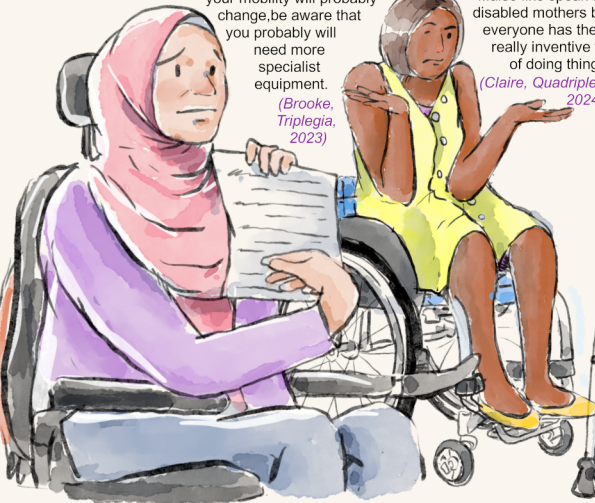
It's important to know that your disability will interact in different ways with pregnancy. So, be aware that your mobility will probably change, be aware that you probably will need more specialist equipment.

(Brooke, Tripletia, 2023)

### “ Pregnancy

Be prepared to advocate for yourself and have someone there to do it for you when you can't ...also like speak to other disabled mothers because everyone has their own really inventive ways of doing things.

(Claire, Quadriplegia, 2024)





## “ During Pregnancy

Make sure that you're open and honest with your midwives if you are struggling because – and if you're finding that they're not being very supportive, ask them why.

*(Bella, Diplegia, 2022)*

## “ Childbirth

If you think something's going to be an issue, tell the people who can help that it will be an issue.

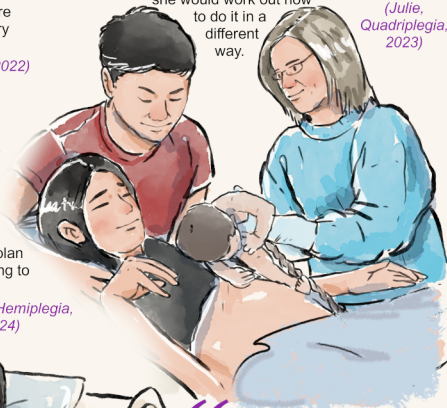
When I had that anaesthetist say to me, oh you might not spasm up. I knew I would so I made a plan for when that was going to happen.

*(Hannah, Hemiplegia, 2024)*

## “ During Pregnancy

I had a great midwife who listened to what I needed, not – like what I wanted, and was really good. And she listened, if I tell her I couldn't do something, she would work out how to do it in a different way.

*(Julie, Quadriplegia, 2023)*



## “ Postnatal

Like breastfeeding was the big thing that everybody said to me 'you don't have to, you can take formula with you to the hospital'. That's absolutely fine if that's what you want to do, but I didn't want to do that, so ask for breastfeeding support.

*(Nehir, Hemiplegia, 2023)*

## “ Postnatal

Make sure you've got your own physio in place for during and after. And make sure that you have the right midwife that absolutely understands you, and you and your family and what you need.

*(Sally, Quadriplegia, 2019)*



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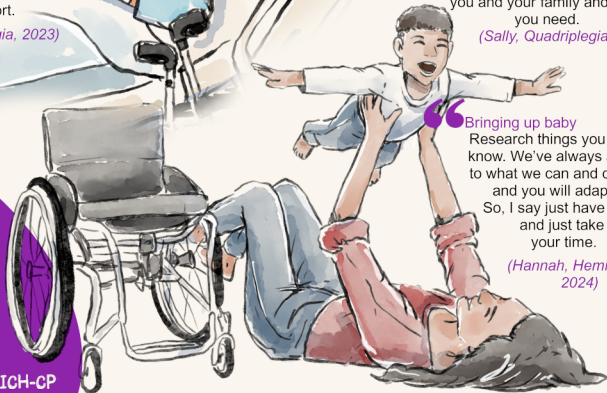
Visit the  
website to  
learn more

[www.tin.yurl.com/RICH-CP](http://www.tin.yurl.com/RICH-CP)

## “ Bringing up baby

Research things you need to know. We've always adapted to what we can and can't do, and you will adapt.... So, I say just have faith, and just take your time.

*(Hannah, Hemiplegia, 2024)*



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