



My Autistic Maternity Passport

www.swanscotland.org
info@swanscotland.org

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This SWAN Autistic maternity passport has been created to support and enhance autistic people's experience of pregnancy and birth.

It was created for and by autistic people with lived experience of pregnancy and childbirth, alongside autistic perinatal mental health and maternity professionals.

There are different ways of completing this passport, and you can use it in the way that is most helpful to you:

- You may wish to complete most of it by yourself and then discuss with your health professionals, either yourself or with an advocate.
- You might find it helpful to discuss with or read about other autistic individuals who have been through pregnancy and childbirth to help you think of things that might be helpful.
- You might want to complete the passport with your named midwife in the early stages of your pregnancy.
- You may find the section on your 'My Birth Plan' easiest to complete in the third trimester of your pregnancy.

A note to all maternity, health and community staff supporting this autistic birthing person:

- Please take time to consult this passport before undertaking any assessment, treatment or care. This will help ensure and promote health and wellbeing for both autistic birthing people and their baby(ies)
- We have a resource available and training courses for health professionals supporting autistic birthing people please get in touch with info@swanscotland.org

PERSONAL INFORMATION

Legal Name

Please use this name

My pronouns are

CHI/NHS Number

Date of Birth

Preferred Contact Method and
Details

Address

Alternative Contacts



Medications

Allergies or Known Side Effects/Reactions

Health conditions, concerns or other
diagnosis (Including self diagnosis/
awaiting diagnosis) that I want to share

Anything else I would like you to know about
my health and wellbeing

COMMUNICATION NEEDS AND PREFERENCES

For more information on autistic communication, see our resources [here](#)

Some Ideas and Suggestions:

- Is there someone that sometimes communicates on your behalf
- Is it helpful to have forms, or resources sent out ahead of appointments rather than completing at appointments
- Are factsheets, visuals, easy read formats, diagrams, links to research helpful, dyslexia friendly font?
- Would it be helpful to have a summary of the appointment to take away? A written down plan of next steps/next appointment and key tasks?
- Do you need additional time to respond to questions?
- Is it helpful to be asked things after a physical examination rather than at the same time?
- What AAC tools or aids are necessary or helpful for you to communicate all the time or sometimes



How I communicate best during face to face appointments and consultations

How to present information to support my understanding – during and at the end of an appointment

How can we communicate best outwith appointments?

How does my communication change when I am overwhelmed or in pain for example? What strategies, aids or people can help me during this time?

SENSORY NEEDS AND PREFERENCES

Sometimes medical procedures involve sensory experiences or environments that are necessary but difficult like touch, noisy machines etc. Is there anything that can be done to make these experiences easier for you?

For more information on autistic sensory experiences, see our resources here

Some Ideas and Suggestions:

- Is there anything you use to to reduce sensory distress like dark glasses, a hat for overhead lights, noise-cancelling headphones, fidget toys, blanket
- How do you feel about needles, gel for ultrasound, blood pressure cuff or other common medical procedures
- Are there particular sensations that are difficult bright lighting, dim lighting, background noise, too many people, certain smells, some textures, being touched
- Do you have a muted or intense experience of pain, your own words, noises or expressions. Is your face expressive or reflective of your internal experience?
- Do you shutdown or experience situational mutism when in pain?



Sensory experiences that cause me distress

Sensory experiences or items that can help me feel more regulated

Things you can do to help, or supportive adaptations to environments and treatments

How I might experience and express pain and how you might recognise it

ACCOMMODATIONS FOR APPOINTMENTS

Tick all the relevant ones, and add any of your own.

BEFORE APPOINTMENTS

- ☐ Please send me forms and documents ahead of time
- ☐ I would prefer if I could make appointments at the same time of day/week
- ☐ Please send information on what the appointment is about and what to expect
- ☐ Please [\[Preferred Communication Method\]](#) to cancel/change appointments

☐☐☐

DURING APPOINTMENTS

- ☐ If possible I would prefer to wait outside the building. You can call to let me know you are ready
- ☐ I would prefer a quiet waiting area
- ☐ Please write down key information for me to remember including next steps
- ☐ Please use visuals and diagrams
- ☐ Please stop or pause examinations to ask questions as far as possible as only doing one thing at a time helps
- ☐ Please allow me time to process
- ☐ Please answer all my questions or direct me to relevant resources.
- ☐ Please check my communication and sensory preferences
- ☐ Please allow me to stim and use sensory aids as needed
- ☐ Please talk me through all procedures step by step and check shared understanding
- ☐ If I have found the appointment difficult please allow me space and time in a quiet area before leaving if possible
- ☐ Offer me a summary of the appointment and next steps

MY BIRTHING PLAN

We are aware birth does not always go to plan but it is a good idea to detail your preferences so that people can try to keep to your preferred plan as much as possible. It can also be helpful to think about options for if things don't go to plan, so that you have an idea of what you would like to happen or who can communicate in an informed way on your behalf if you become unable to do so.

Any other key info you would like to add?



How and where am I planning on giving birth (vaginally, planned C section, at home, hospital, water birth etc)

Preferences over who is involved - (family, friend, doula, gender of staff, medical students, other)

Preferences over examinations such as cervical checks (who does them, routine or emergency, talked through them, support during them etc)

Plan for pain support during and after labour

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Any other key info you would like to add?



**What is important for me during labour
(movement, environment, people etc)**

**If having a c-section what do I want to
wear or need from a sensory perspective**

**My preferences for placenta delivery and
vitamin K injection**

How I might need to recover

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Any other key info you would like to add?



Notes from discussions about options if my preferred plans aren't possible

Trusted people and advocates who I have informed of my plans

WEB PAGES

- [Autistic Parents UK](#) – Autistic Led Charity aimed at supporting and finding connections for parents who are autistic:
- [National Autistic Society: Breastfeeding](#) webpage providing experiences and support for autistic people who are breastfeeding:
- [Sensory challenges of motherhood](#) Reframing Autism
- [National Autistic Society: Pregnancy and Childbirth](#) webpage providing experiences and support for autistic people who are pregnant and going through childbirth
- [Emily Price: Attending baby and toddler groups as an Autistic parent](#) webpage outlining experience of attending toddler groups:
- [Maternity Autism Research Group](#)
- [Neurodiversity Belgium](#): Neurodivergents as Parents
- [From Menstruation to Menopause Video Series](#) – There are some research question videos and a large collection of videos from an autistic perspective on reproductive health and healthcare experiences
- Proudly Autistic – [What it's like being an Autistic parent](#)
- Yo Samdy Sam – [Being an AUTISTIC mother: what's it like?](#)
- [Neurodivergentme](#) – How I handle being TOUCHED-OUT |autistic mom postpartum update
- [S2 Ep 10: You're Not Broken](#) Podcast Late Discovered Club
- [S7 Ep5: Autistic motherhood: working through the overwhelm of birth and parenting with Sanna Ostergren](#)
- [Autistic Motherhood](#)

RESOURCES

BOOKS



- Odd Girl Out by Laura James
- Parenting while Autistic: Raising Kids When You're Neurodivergent by Wendela Whitcomb Marsh
- Supporting Autistic People Through Pregnancy and Childbirth by Emma Durman, Hayley Morgan, and Karen Henry
- From Here to Maternity: Pregnancy and Motherhood on the Autistic Spectrum by Lana Grant
- Parenting When You're Autistic: Tips and advice on how to parent successfully alongside your neurodivergence by Pooky Knightsmith
- Spectrum Women: Autism and Parenting by Lisa Morgan, Maura Campbell, and Renata Jurkevithz
- The Autistic Mom: a guide, advice and memoir of adult diagnosis and/or raising a neurodivergent child by J Whalley
- Understanding Autistic Relationships Across the Lifespan: Family, Friends, Lovers and Others by Felicity Sedgewick and Sarah Douglas
- The Autism-Friendly Guide to Pregnancy, Birth and the Fourth Trimester by Aimee Grant (Due to be published October 2025)

ACCESSIBLE HEALTHCARE

- [Neuroaffirming practice in therapy](#)
- [More than words: supporting effective communication with autistic people in health care settings](#)
- [It's not rocket science – young people's experience of inpatient care](#)
- [Autistic Body Language](#)
- [Autistic SPACE: a novel framework for meeting the needs of autistic people in healthcare settings](#)
- [Healthcare Experiences of autistic adults](#)
- [Autistic Experiences of Counselling and Therapy](#)
- [Neurodiversity Affirming Therapy](#)
- [Barriers to healthcare and self reported adverse outcomes for autistic adults](#)
- [Neurodiversity Affirming Approach](#)
- [Neuroaffirming Environments](#)
- [Specturm Gaming – Report on CAMHS and Emotional Wellbeing](#)
- Book – The Adult Autism Assessment Handbook – A Neurodiversity Affirmative Approach by Hartman et al. 2023
- Book – Creating Safe Spaces for Autistic People – Scott Neilson and Laura Hellfield

Space for your notes,
thoughts and reflections

Lined area for notes and reflections.

SWAN services are open to all women and non-binary people over 18 who identify as autistic – just visit our website or email us for more information

Who we are

SWAN is an autistic-led Charity delivering services, information and support for and by autistic women and non-binary people across Scotland since 2012

What we do

SWAN runs a range of autistic-led groups and activities, both in-person and online, including:

- **In-person meet-up groups across Scotland**
- **Monthly walking groups**
- **Online peer-support Facebook group**
- **Autistic Discovery drop-in group**
- **6-week Autistic Identity course**
- **Autistic Wellbeing Course (launching Summer 2026)**
- **Online peer support and social spaces**
- **Wellbeing webinars**
- **1-1 support and counselling service**
- **Training and consultancy**

swanscotland.org
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SWAN NEWSLETTER

Sign up to our
newsletter to keep
up to date on all
our SWAN news,
training, groups
and activities



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