

## **Reflection on Microaggressions in My Practice Guidelines**

To be honest, when I first started at MCU and began taking some of the required COMM and SOSC classes, I was resistant and a little annoyed. I felt like I was already a nice person. I felt like I treated everyone equally and with kindness. But, as I have continued this journey, I consistently remind myself to be opened to hearing the hard things that I don't necessarily want to hear about myself. As I do this, I am finding new ways to change and be more inclusive. I now look forward to the classes that help me grow the most as an individual and as a future care provider. And I am learning to take correction and use it in a healthy way, instead of getting defensive and making it about myself.

This assignment helped me to see that I have not been careful enough in my practice guidelines and client handouts. I have unintentionally left microaggressions in my paperwork that could potentially harm one of my future clients. This has prompted me to check all my previous work and to be more cautious in the future.

I chose to submit one of my Practice Guidelines about Nipple Pain. Upon inspection I discovered that although I referred to the parent as a nursing parent, I continually reverted to the word breastfeeding, instead of including chestfeeding as an option. I know that this is a microaggression against people who are part of the LGBTQIA+ community, and especially against those who are transgender. I have taken the time to make these changes and will try to do better in the future.

One of my long-term goals is to be a care provider that marginalized groups of people feel comfortable and safe coming to for care. Obviously, that will not happen if the handouts I give them and guidelines I use in my practice harm them in any way. To provide the safety and care that everyone deserves I must work harder, be willing to change more, pay closer attention to details, and openly accept correction with grace and thankfulness.