

Reaction Paper

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After reading through the class material, and searching for more information on microaggressions, I was reminded of how important it is to treat each client individually, and with respect and dignity. Each client deserves to feel welcomed and supported. As a person, and a midwife, I try to treat others with “kindness and human decency” (Summers-McGee, 2017). I make great effort to avoid any comments that could be harmful.

I chose this topic because it is always good to be reminded of what you could be doing better. I strive to show others respect and avoiding stereotyping and generalizing people based on their appearance, race, or culture. At one time I prescribed to the idea of colorblindness because I thought it was better to act as if I saw no differences between people. But this class and its resources have helped me learn that the idea of colorblindness is hurtful.

I did not find anything problematic with the readings and videos as it relates to my engagement with clients. I think these resources would be good for anyone who ever interacts with another person. They teach how to not be offensive and how to avoid harming people with your words and actions.

One thing I learned from my additional resources was that microaggressions can come from something as simple as a work Christmas party. Not everyone celebrates Christmas, and we need to have “inclusive practices surrounding holidays” (Dr. CI, 2021).

I had never thought about how left out someone might feel to see one religion celebrated and all the others forgotten. This is part of my privilege of being Christian. In the future I will be more aware and try to celebrate each person’s culture and religion within my midwifery practice.

I think in the future I will do some research surrounding different religious holidays and how they celebrate. I hope that this will help others feel less dismissed and left out. I will also make sure that my staff are welcoming and respectful of all people. I will not tolerate dismissiveness, insults, derogatory or offensive, or any disrespect. I want all people I interact with to feel heard, safe, and respected.

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