

Quotes from PhD Thesis:



BRITISH MUSLIMS' EXPERIENCES OF THE PERINATAL PERIOD

Dr Aaliyah Shaikh

“

Recommendations (page 1/4) arising from my research that can be considered by healthcare providers, policy makers, mosques and the Muslim community:

- Reform is required in research processes, education and policy that is decolonised, trauma aware and faith sensitive regarding Muslims' experiences and healthcare needs.
- Research 'about' Muslim's should be 'with' Muslims'.
- Consult with Muslims in the interpretation of behaviours, phenomena and experiences of Muslims; do not assume all Muslims experience in the same way.

”



Quotes from PhD Thesis:



BRITISH MUSLIMS' EXPERIENCES OF THE PERINATAL PERIOD

Dr Aaliyah Shaikh

“ Recommendations page 2/4

- Re-evaluation of structural determinants of health that impact the perinatal experiences of Muslims.
- Honestly tackle institutionally racist, colonial and sexist systems which disadvantage healthcare provision for Muslims.
- Improve the lack of understanding around perinatal mental health and the need to recognise and know what birth trauma is in the Muslim community.
- Healthcare practitioners / hospital staff / midwives to provide proactive support, advice and create a Culturally Safe relationship with Muslims they are providing care to.

”



Quotes from PhD Thesis:



BRITISH MUSLIMS' EXPERIENCES OF THE PERINATAL PERIOD

Dr Aaliyah Shaikh

“ Recommendations page 3/4

- Muslim community, mosques, community centres and healthcare providers, to collaborate holistically providing materials around pregnancy and birth that are tailored for Muslim families, bringing together Islamic tradition and modern science.
- Discussions of Mental Health to be normalised and for there to be education from an Islamic paradigm about the experiences of pregnancy and birth and perinatal mental health, including related topics of parenting, emotions, and shame.
- Mosque-centred social networks for mothers and fathers aiding spiritual and mental struggles related to motherhood and fatherhood.

”



Quotes from PhD Thesis:



BRITISH MUSLIMS' EXPERIENCES OF THE PERINATAL PERIOD

Dr Aaliyah Shaikh



Recommendations page 4/4

- Muslim men to be provided with more information and education around what women experience during pregnancy, labour and birth, including referring to and embedding the teaching through the Qur'an and Sunnah sources, creating a point of holistic education and connection.
- Education around the sex of the baby and addressing cultural preferences for the male child with the Islamic teachings that reprimand preference of the sex of a baby.
- Providing specific support initiatives for Muslim men who can feel dismissed by the process.
- Support groups for Muslims experiencing perinatal mental health challenges.

