Petala’s Story

**Visual**

**The video begins. In the middle of the screen is the word ‘Listen’ with each letter in a different colour. Underneath that is a line, and under the line is written ‘Petala’s story, A positive experience of culturally responsive maternity care’. The screen changes to show two children running down a slope in a playground towards their mother. It is grassy, and there is a roundabout, swings and a slide. On the right is a picnic table and there is a person with a red pram standing next to a park bench. The playground is on a hill surrounded by trees. The screen changes to show the mother, Petala, pushing her two children on swings. The older child on the left has a pink hat with a white pompom, and is wearing a blue coat. The younger child on the right has a purple hat with two pompoms and a light blue coat. Petala has long dark hair and is wearing a blue jacket. They are all smiling. The screen goes to a close-up of the older child’s smiling face, then to show her from below on the swing, with the sun shining behind her. It changes back to show the three of them in a huddle laughing with the older child on the swing, then changes to Petala sitting on a couch in a living room. Petala is wearing a black and grey jumper and is holding a baby in a grey onesie on her lap. The older daughter is sitting next to her, wearing a white t-shirt and a pink tutu over striped leggings. She has dark curly hair. There are windows behind the couch and the curtains are white. In the bottom left of the screen is written in white the words ‘Petala Elama’.**

Audio

I was really anxious when I found out that I was pregnant to be really honest with all three of them, but I found out really early which was good and it helped me kind of just be in the search for who was going to look after me when I was pregnant with all three of them. Luckily enough I did find someone with my first and I carried that person right through all three of my births and my pregnancies.

**Visual**

**The screen changes to show the younger daughter running down the hill at the park, then to Petala pushing the two girls on a round platter swing. The frame of the swing is green metal, and the pram for the baby is beside it. It changes to a close-up of the girls in the swing, then back to Petala talking on the couch.**

Audio

It was really important for me to find a Pacific Island midwife. I'm coming from a Samoan family and my partner being Samoan as well, we learned very early on that we thrive on community, and so knowing someone that was able to create a space like that for

us without even us having to tell them.

**Visual**

**The screen changes to a close-up of Petala and her baby smiling at the younger daughter. She is wearing a pink jumper and has short dark hair. There is a close-up of the baby looking at the camera, then shows the four of them on the couch. The older daughter has on a green jumper and is being hugged by the younger sister.**

Audio

Because they grew up you know, in that kind of space themselves, it was really important  for us to go in that direction.

**Visual**

**The screen goes back to Petala talking on the couch, holding the baby and with the two older children on the couch next to her. The screen changes to a close-up of the younger child sitting in an indoor play area of orange and purple. It changes to show the older child in there too, and then of her grinning at the camera. It goes back to Petala on the couch with the baby, and her younger child behind the couch and the older child in front of it.**

Audio

I didn't have to specifically say I want this, this and this, she just knew off the bat because she created that sense of community with other friends that have had her. I think that in itself was really important for me and to have someone that can relate to you in that sense and also be able to create a space that's safe not only for yourself and your baby but for your family as well to come into that process.

**Visual**

**The screen changes to show the younger daughter standing in front of the camera, holding her hands up. She has a plaster on her left ring finger. It changes to show Petala looking down at her baby lying across her lap, then a close-up of the baby gripping Petala’s finger. It changes to show the older daughter holding the baby, and the younger child leaning in to give the baby a kiss on its cheek. The screen then shows the baby staring at the camera while Petala smiles down at the baby. It changes back to Petala talking, with the baby and the older daughter on the couch.**

Audio

So if you've gotten pregnant outside of wedlock or if you've had your kids too early or gotten pregnant too early, there's there isn't enough education around pregnancy or sex in general in our community for us to be able to say that we're confident in reaching out to student people and I think that's why we reach out too late. I think that's why we don't speak out about things that make us comfortable because if we're uncomfortable already in the situation that we're in and we can't speak to our families about it. It's hard enough for us to talk to someone that probably won't even understand, what do you call, not the barrier, but kind of the interaction that we're already having with our families.

**Visual**

**There is a close-up of then younger child looking at the camera, then back to Petala talking on the couch with her three children, the younger one standing in front of them. It changes to show Petala standing in a bedroom with the baby in her arms, swaying from side to side.**

Audio

Just knowing that you're safe, that you're listened to, and that there's strong lines of communication between what's going on with not only your midwife but your pregnancy in general.

**Visual**

**The screen changes to show the older child standing in the living room with her right hand in the air, and Petala on the couch in the background. There’s a close-up of the younger child in the indoor play area, then of the baby in Petala’s arms looking up at her, back to Petala talking on the couch with the children, then of Petala holding then hands of her eldest child while she bounces on a bed.**

Audio

With Pacific Island families in general, it's just a different type of stress behind not only the pregnancy but what's going on behind the scenes as well, and I think it's super important for us to be able to call that stuff early so then we can create a safe space for the pregnancy to begin.

**Visual**

**The screen changes to show Petala with her eldest child, helping her put her pink tutu on, then back to Petala talking on the couch.**

Audio

Some advice I guess I could give to, ah, non-Pacific Island midwives that are treating Pacific Island clients would be to kind of ask these questions straight off the bat about what their cultural needs are, about their expectations of them being their midwife would be, how they would be able to create a safe space not only for themselves but for their families as well.

**Visual**

**The screen changes to show the oldest daughter jumping up and down with a grin on her face, then back to Petala on the couch with the baby and the eldest child beside her. The screen then changes to show the family playing in the playground. It shows the older daughter then the younger one both going down the slide while Petala watches, then pointing with her hand in the air.**

Audio

A lot of Pacific Island women, one thing with me anyway, if I was to give someone that wasn't Pacific Islander, I'm the type of person that just hopes that people can read my mind, and can create their space right off the bat and I feel like a lot of other Pacific Island(er) women would be the same. Create their kind of space by asking the right questions.

**Visual**

**The screen goes back to Petala talking on the couch, then back to the playground to show Petala on the round platter swing with her oldest child, then of the baby asleep in the pram, then of the younger daughter standing on the grass with her purple hat on. The camera pulls back to a birds eye view of the playground, then back to Petala talking on the couch with her oldest child and the baby.**

Audio

Listening to the needs of you know, the woman that you are dealing with, that you are looking after, getting their community involved if they have a community or to encourage that for them. That's just what I would give out there to those people, all midwives that are looking after Pacific Island(er) women.

**Visual**

**The camera pans around the playground, showing Petala and the children playing on the swings, then looks down on Petala and her oldest daughter spinning on a roundabout, the camera moves even higher up to look down on them, and then the credits roll.**