



Tips for awareness and self- reflection to enhance cultural humility

Cultural humility is about accepting our limitations and increasing our self-reflection, and the willingness to learn from the families we serve about what is important to them. It's vital we collaborate with them for optimal, individual care and to build trust.

Engage in self-reflection and lifelong learning – See focus area 8 Practice 1 of the Equity Resource library for more resources and information. [Equity Resource Library - page 37](#) .

a) Engage in self-reflection about one's culture and potential biases. Acknowledge your own biases. Use a journal to jot down potential implicit biases and observations about rapport building, for ongoing self-reflection. Do a self-assessment.	Implicit Association Test – Harvard implicit bias
b) Identify one's preparedness to serve communities of color. Take the time to evaluate your own cultural competence and identify areas of growth.	Cultural Competence Reflection Tool
c) Participate in cultural humility trainings. Take workshops and learn about other cultures and your own perspective	Cultural competence training - Apendix 1 pages 52 & 53
d) Having a willingness to learn from the families and others. Be curious, ask questions to understand a family's beliefs, values, and practices.	How to embrace cuarentena, a Latin American postpartum tradition.