



Daynah Forrester, 2007

What Career are you in, and what sort of things does this entail?

I'm a midwife.

I care for women throughout their pregnancy, during labour and birth and then for mum and baby in the postnatal period. I have worked in all areas of the role and am now a community midwife, so I hold antenatal/ postnatal clinics and do home visits.

I do things like complete health checks such as blood pressure and listening to baby's heartbeat, taking blood samples, offering advice and information on pregnancy/ birth/ baby care, offering mental health support, weighing babies, and helping with feeding support.

What inspired you to go into your chosen career?

When I was at Malbank I remember doing a careers survey/ quiz in one of the classes. It generated a list of jobs that might be of interest based on my answers and midwife was one of them. I remember looking into it and thinking it sounded great. When I first left school, I didn't feel ready to take on midwifery - I thought it sounded like a big responsibility and I also wasn't sure I was clever enough. My other passion was drama and so I did a drama degree and had a few other jobs before coming back round to midwifery and deciding to start my training.

What advice would you give to anyone interested in working in your career area?

Being a midwife isn't all about babies, it's about women and families, universities want to see that you understand this.

There are a lot of important documents that underpin the care we give - "better births" in particular is a really good one to read.

It's difficult to get work experience due to the nature of the role but lots of other things have transferable skills - anything that shows you are caring, compassionate and can work well under pressure can be used as examples of why you'll make a good midwife.

What do you know now, that you wish you'd known when you were leaving Malbank?

You don't have to know exactly what you're going to do now! So why you love and what you're passionate about and you'll find your career path.

If you would like to get in touch with Daynah to find out more about careers like this, please contact Mr Batty in the Sixth Form Office, or via Teams