

Topic	Public feedback
Build trust	Introduce who you are.
	Make your affiliation clear (who you work for and why you are doing this research).
	Be transparent with expectations.
Consider context	Be mindful of any current safeguarding concerns.
	Consider whether participants have access to a safe space to engage with the research conversation or engagement work.
Give participants agency	Be flexible with time and place of conversations.
	Allow participants to choose how much they disclose to the researcher.
Be trauma-informed	Mitigate the risk of re-traumatisation.
	Consider the impact of discussing issues and agencies associated with past trauma.
	Provide training and support for researchers.
Non-judgmental listening	Birth mothers reflected on negative experiences where their parenting or health circumstances were perceived to be criticized by professionals.
	Consider researcher's own biases.
Be sensitive with language	'Interviews' as potentially triggering for women with experiences of social care, and likely unfamiliar with research terminology.
	Referring to women's narrative accounts as 'stories' could be seen as belittling.
Be accessible	Make information easy to understand.
	Avoid unnecessary jargon.
	Offer different options for participating.
Effectively communicate	Keep participants and relevant organizations updated with the project progress.
	Communicate project findings.
Acknowledge biases of data sources	E.g., Cafcass was negatively perceived by birth mothers, and there were concerns raised around the use of Cafcass reports as being the 'only truth'.
	Mental health data might be biased towards women who were 'most unwell' as it is likely all women will have suffered with some mental health challenges but may not have accessed services.
	Potential distrust of services (especially in the context of child protection) might influence engagement and honesty in services.
	Limitations of diagnoses (especially personality disorders) as a reflection of need and experiences.

Consider family context	Personal circumstances are relevant factors when researching health (e.g., relationship status).
	Considering the potential for violence in the home, including intimate partner violence (IPV) crucial for understanding health outcomes.
Sensitivity with interpretation	Findings should not be used to further pathologise birth mothers' experiences, we need to understand <i>why</i> these trends exist.
	There needs to be clear pathways to understanding how this research will help and how findings will be used.