



On being pregnant and walking + cycling

My experience and thoughts for
planning and design

Whitney Adam : March 2021

aurecon

*Bringing ideas
to life*

“Cities have the capability of providing something for everybody, only because, and only when, they are created by everybody.”

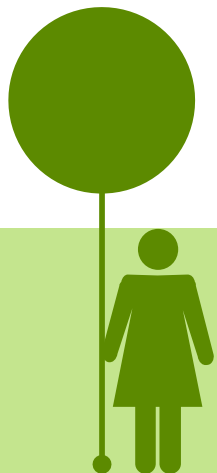
Jane Jacobs

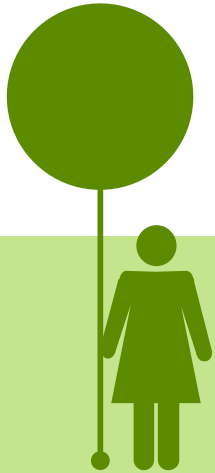


How do we provide for pregnant women in our cities?



Image source: Melissa and Chris Bruntlett, Modacitylife



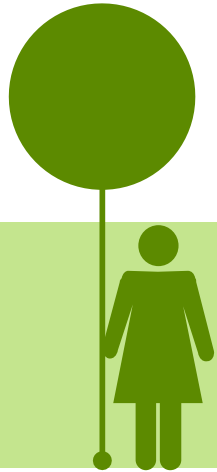


1

**There are more pregnant women
out there than you think**

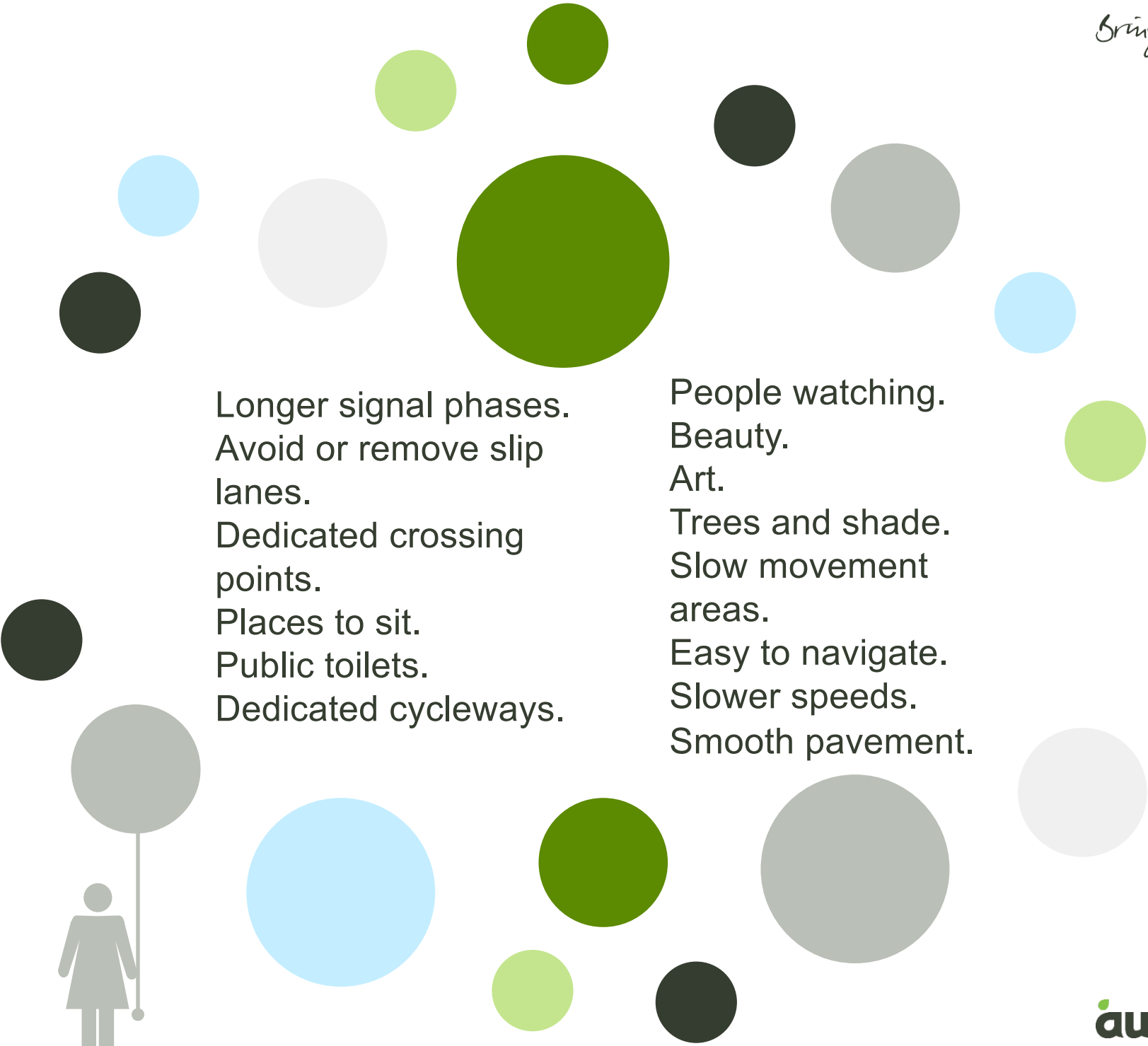


2



Why design matters for pregnant women

Here are some of my own pregnancy diary
entries...



Longer signal phases.
Avoid or remove slip
lanes.
Dedicated crossing
points.
Places to sit.
Public toilets.
Dedicated cycleways.

People watching.
Beauty.
Art.
Trees and shade.
Slow movement
areas.
Easy to navigate.
Slower speeds.
Smooth pavement.



3

**Diversity of life experience in
decision making is important**



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Jane Jacobs

