Birth Story Sunday

Points to remember when writing your birth story

- Focus on one birth at a time, if you’d like to share more than one, complete them as separate documents.

- You can answer as dot points after each question or you can write a complete story, trying to touch on as many points as you can. Whatever is the most natural to you.

- You don’t have to include sections that make you uncomfortable, questions are just there as a guide.

- You can share both positive and negative experiences but try and refrain from naming hospitals, staff members, community members etc. if something negative happened to you. I’m all ears and always here if you’d like to debrief on these topics privately in a bit more depth however x

- Were you happy for me to post using your name or would you prefer to remain anonymous?

1. Who is in your family as of today?
2. Which birth (if more than one) are you focusing on in this story?
3. Did you plan to become pregnant when you did? If not, how did you find out? And if so, how long were you trying, what was your journey to conceiving like for you?
4. Did you have many pregnancy related symptoms? Was pregnancy smooth? Did you hit any bumps in the road?
5. Did you have birth preferences?
6. How did labour start for you? Spontaneously, induced, planned c-sec? a loss?
7. If vaginal delivery, how long was each stage? Active labour, pushing?
8. If c-sec, what was this experience like for you?
9. What pain medications or natural pain remedies did you use during your birth?
10. What time was your little one born and what were the reactions in the room?
11. Did you already know the gender?
12. How were the first 24-48hours after birth like for you?
13. How were the first few months for you?
14. Did you have a birth or post partum doula and would you consider having one in future births or if you had have done your birth again?
15. Do you have any photos you’d like to share with your story?
16. Anything else you’d like to add?