

## Information about your pregnancy and birth to discuss with your midwife or doctor

Use the space below to write down any significant concerns (medical, emotional or other) about your experience during pregnancy, labour, birth and immediately after birth – particularly if you think it could have an effect on your long-term physical or emotional health, or the health of your baby.

Share your concerns with your midwife or doctor.

### Birth Reflections

1. I would like to talk to my midwife or doctor about things that happened during my pregnancy. These are:

My thoughts, feelings and questions ...

2. I would like to talk to my midwife or doctor about things that happened during labour and birth. These are:

My thoughts, feelings and questions ...



3. I would like to talk to my midwife or doctor about things that happened after the birth. These are:

My thoughts, feelings and questions ...

