# Birth Story

This is an opportunity for you to share and honour your birth story. Writing down your birth story can be therapeutic and empowering! If you have had a negative birth experience, writing your birth story can be helpful in facilitating healing. Birth is a profound and transformational experience and unpacking the events and feelings surrounding your birth can be a positive and helpful exercise - when you are ready of course!

If you (and/or your partner) are struggling with your birth experience, please reach out to any of the following organisations or professionals to help you process your birth experience.

Birth trauma affects 1 in 3 women and there is help if you need.

You do not have to suffer alone •

### **Australasian Birth Trauma Association**

<u>www.birthtrauma.org.au</u> (they have a fantastic peer support program and other resources to help you)

## COPE

<u>www.cope.org.au</u> (see directory for perinatal psychologists in your area)

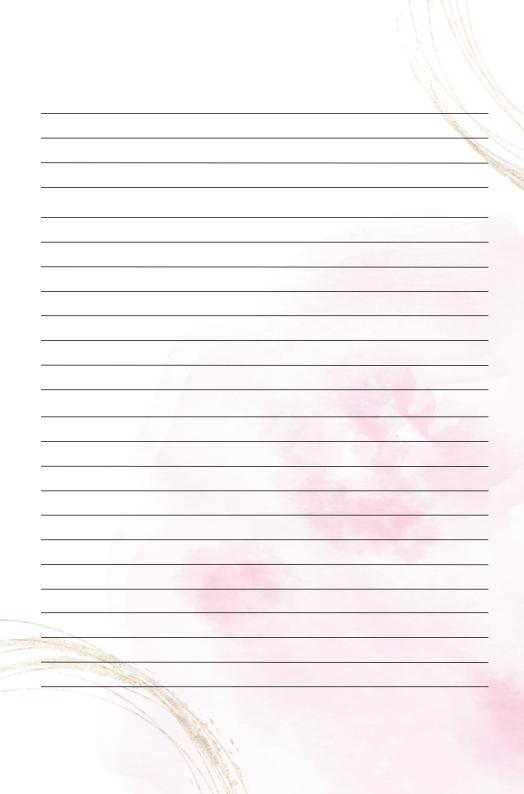
### **PANDA**

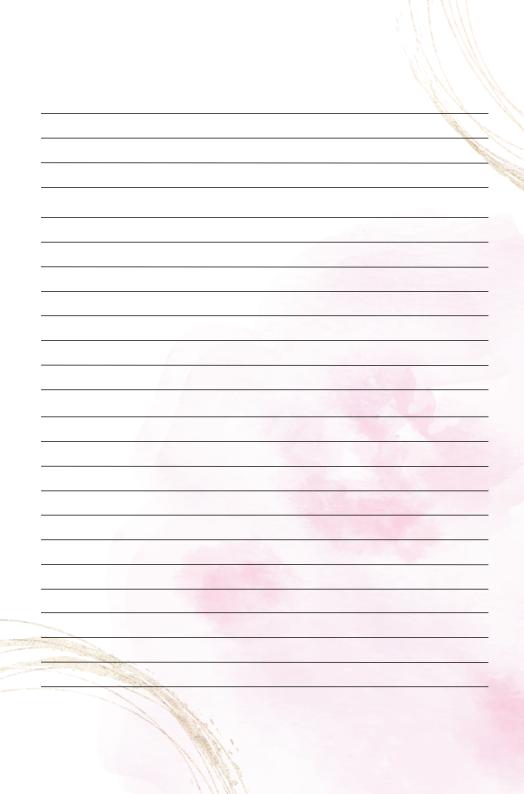
<u>www.panda.org.au</u> (they have a wonderful helpline for support)

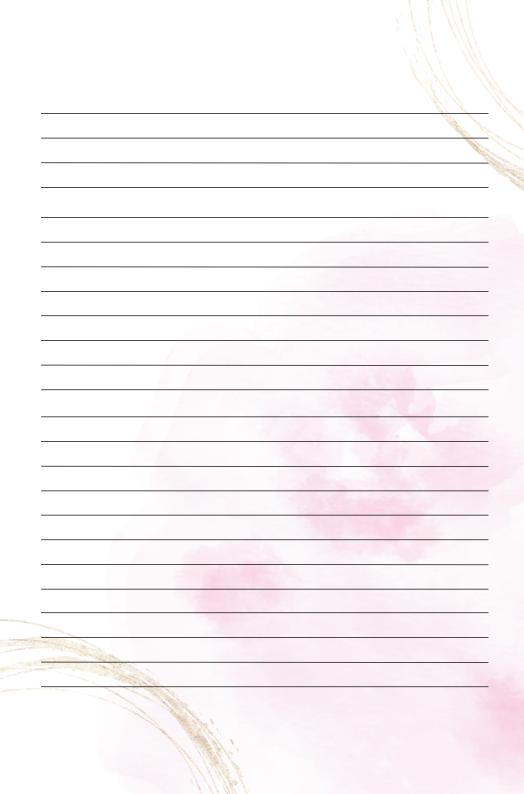
Psychologists who specialise in trauma and perinatal wellbeing

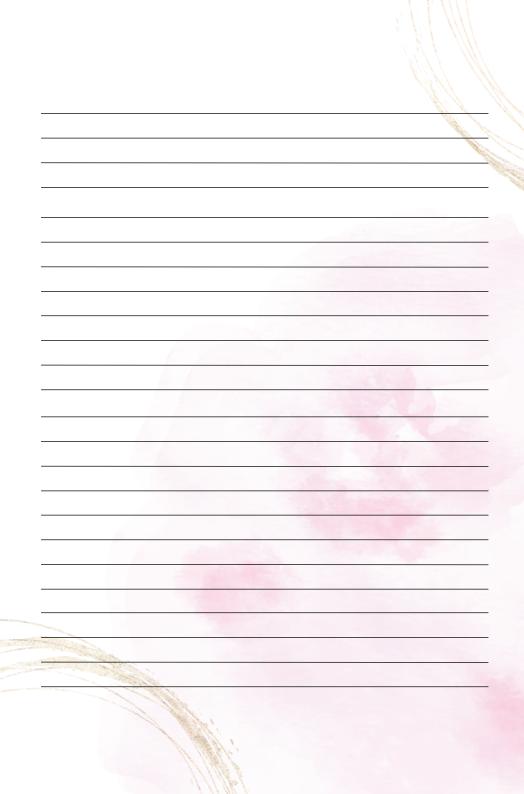
## Birth Debrief

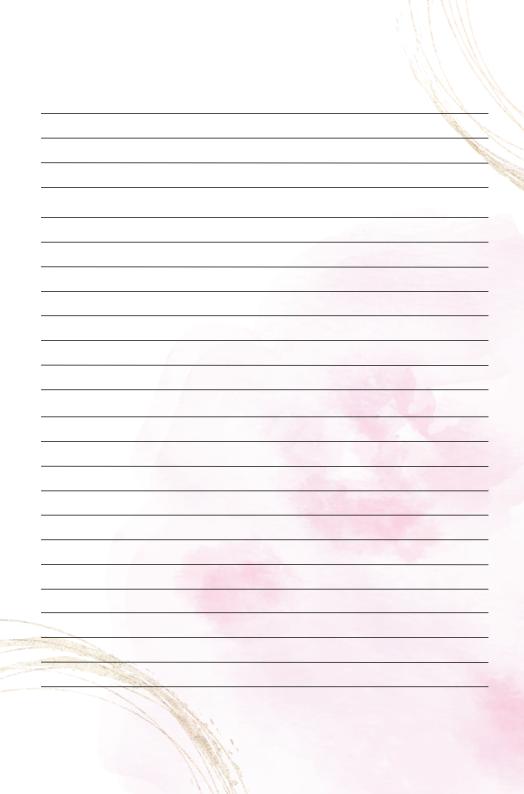
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If you feel there are unanswered questions relating to your birth, you have the right to a professional debrief with your midwife/OBGYN.

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HOW DO YOU FEEL ABOUT YOUR EXPERIENCE?	
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HAVE YOU LEARNED ANYTHING T	HROUGH THIS EXPERIENCE?
WHAT I WOULD LIKE TO BE DIFFE	ERENT IF I BIRTH AGAIN
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HOW DO YOU FEEL ABOUT YOUR BABY?	
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HOW CAN I SUPPORT MYSELF IF I NEED IT?	
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