

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

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

COPE

www.cope.org.au (see directory for perinatal psychologists in your area)

PANDA

www.panda.org.au (they have a wonderful helpline for support)

Psychologists who specialise in trauma and perinatal wellbeing

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. In the center, there is a large, faint, light pink watermark of a flower, possibly a rose, which is slightly out of focus. The bottom left corner of the page features a decorative, wavy border with a gold or yellowish pattern. The overall appearance is that of a clean, unused page from a notebook or a template for a document.











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

DO YOU HAVE ANY UNANSWERED QUESTIONS ABOUT YOUR BIRTH?



HOW DO YOU FEEL ABOUT YOUR EXPERIENCE?

YOUR HAPPIEST MEMORY FROM YOUR BIRTH....

THINGS YOU DIDN'T LOVE ABOUT THE EXPERIENCE....

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