



“The words flooded out eventually, after much contemplation.”

Birth Story Prompt

Use the space to make some notes on thoughts that come to mind about your own personal experiences. The words and phrases are there solely to help jog your memory in order gain useful feedback regarding your own encounter with birth. Feelings and facts or names and faces, jot down words or comments and if you wish to go on to write up your birth story you can use these as a reference.

How did you react on finding out you were pregnancy?

Example words and phrases you could use.	Jot down notes or make sentences here of your own experience.
<i>elated, horrified, excited, shocked, joyful, surprised, scared, happy, despondent, pleased, miserable.</i>	

How did your pregnancy progress?

<i>felt well, unbearable hardship, sick, smooth progress, various difficulties, medical problems, good health.</i>	
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Did you suffer from any ailments?

<i>few ailments, extremely poorly, horrific heartburn, crippling constipation, pubic pain, uncomfortable swelling.</i>	
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Did you notice any personal changes through your pregnancy?

<i>mood swings, tired, lethargic, happy throughout, good energy levels, fit and well, volatile emotions, feelings of resentment, physically uncomfortable</i>	
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How was your relationship with the health professionals?

<i>midwife, doctor, hospital, surgery, positive experience, inconsistency, sympathetic ear, isolation, useful information, anxious, insensitive, friendly, helpful</i>	
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In particular how was your pregnancy towards the end?

<i>felt excited, discomfort, eager, boredom, suffering, scared, energised, calm, keyed up.</i>	
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How did you expect the birth to be?

<i>quietly confident, natural, painful, joyful, indescribable, embarrassing, pleasant, unbearable, suffer.</i>	
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Did you have a birth plan?

<i>realistic plan, no point, never an opportunity, optimistic idea, mental plan, written plan.</i>	
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How did you recognise the start of labour?

<i>backache, period pain, show, water gush, strong contraction, trickling waters.</i>	
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What was the story of your labour?

<p>Where: <i>home, hospital?</i></p> <p>Who: <i>partner, alone, mother?</i></p> <p>Length: <i>days, minutes, planned C-section?</i></p> <p>Activity during labour: <i>yoga, walk, bathe, sleep, scream, lie down, prepare for theatre?</i></p> <p>What pain relief: <i>natural remedies, gas and air, tens, pethadine, epidural?</i></p> <p>Delivery position: <i>squatting, all fours, lying down, sideways?</i></p>	
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Did you find that anything from your yoga practice came in useful?

<p><i>sounds breathing, visualisation, breathing technique, camel walk, semi-squatting, all-fours, relaxation.</i></p>	
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How were you and your baby immediately after the birth and how did you feel?

<p><i>overwhelmed, tense, tearful, empty, amazement, sad, moved, happy, low, delighted, partner, lonely.</i></p>	
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How did you find the health professionals during and after the birth?

<p><i>supportive, busy, helpful, unsupportive, enlightening, unobtrusive.</i></p>	
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Anything else that comes to mind?

<p><i>change venue, homebirth, prepare, repeat performance, never again</i></p>	
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