

Birth Reflection Sheet

Congratulations on the birth of your baby! You have been through an enormous physical and emotional transformation so it is important to reflect on and process your experience. Sometimes birth is wonderful, sometimes it is overwhelming and sometimes it is both. What is important now is that you learn **positive lessons** from your birth experience.

The purpose of the exercise is to help you **explore what happened and make peace with it**. How you feel about your birth can affect how you feel about motherhood, womanhood and life in general. So it really DOES matter how you feel about your experience! 😊

What I LOVED about my birth experience:

What went to plan?

What didn't go to plan?

What was the hardest thing EMOTIONALLY during the birth?

What was the hardest thing PHYSICALLY during the birth?

Hypothetically, if I were to have another baby, I would do this differently:

EVENTS AND DECISIONS MAP

Plot key events and decisions you made throughout your pregnancy and birth and reflect upon how they relate or contributed to your experience.

Remember though, **hindsight** is a wonderful thing – you made the best decisions you could at the time! 😊

A diagram consisting of a 2x5 grid of green arrows. Each arrow is a thick green line with a triangular head, pointing horizontally to the right. The arrows are arranged in two rows of five, with a horizontal line separating the two rows. The entire grid is enclosed in a thin black border.