

# Birth reflections

- Would you like to talk through your birth experience?
- Do you have unanswered questions?
- Does your birthing partner have unanswered questions they would like to discuss?

A Birth Reflections appointment is an opportunity to go through the notes from your birth with a midwife and fill in any gaps, ask about the reasons for decisions and talk about your experience.

Please do talk to your midwives in the days following your birth to answer any questions you may have.

We recommend two months to allow the experience to settle but if it still feels unresolved,

please email [birthreflections@hhft.nhs.uk](mailto:birthreflections@hhft.nhs.uk)  
and we will be happy to arrange an appointment for you.