



# Childbirth Kingston Reflection Tool for Birthers

This tool is for anyone who has ever given Birth, it doesn't matter how long ago! The feelings and emotions we experience during labour stay with us our whole lives. Taking time to revisit and process what happened helps transform powerful, and sometimes overwhelming, memories into understanding, and meaning.

## Step One: Build the Facts

The initial set of 10 prompt questions will help build the background + context details of your story(s). This provides you with an important framework to use as you reflect on the rest. Don't stress about grammar or fancy wording, express yourself in whatever way is most comfortable! You can use full paragraphs, bullet points, or even pictures and graphics!

If you are fuzzy on some of the details, ask someone who was there! Your Partner, Doula or other chosen Birth support will be able to help you.

If you feel you need additional information, you should ask for a copy of your medical records to help fill in the gaps for you. (see end notes)

### Retrieving Birth notes/records:

#### If you have a Family Doctor:

Contact your clinic a request a printed or digital copy. Discharge summaries are typically received within 4-5 days following hospital visits.

(There may be a charge for requesting/printing your notes)

#### If you do NOT have a Family Doctor:

In this case, or in the case that you are no longer rostered with that clinic, then you can request your records directly from the institution.

"The information about you contained in your medical record belongs to you. You have a right to access the information in your medical chart under the law, with some limited exceptions. In order to do so, please contact the Release of Information Department at Kingston Health Sciences Centre (KHSC) where they handle all requests for both hospital sites."

### Release of Information

Kingston Health Sciences Centre  
76 Stuart St, Kingston ON K7L 2V7

Phone: 613-549-6666 extension 4949

Fax: 613-542-8071

Email: [KHSCroiRequest@KingstonHSC.ca](mailto:KHSCroiRequest@KingstonHSC.ca)

## Step Two: Add the Feelings

The next set of 10 prompt questions will ask us to dive a bit deeper. Now that we have the framework and timeline, it's time to fill in how we FELT through all of it. Although the “facts” of our Birth(s) will stay pretty constant, how we FEEL about those facts can be constantly changing.

### **\*\*Pro Tip\*\***

These questions are designed to evoke strong emotional reflection, so take your time working through them. It's important to think through your WHOLE experience and not skip over things that might be hard. Take as many breaks as you need, or even break it down to 1 question a day!

#### Strategies to Help you Reflect:

- Find a private area and tell other to give you some private time (if at all possible!)
- Listen to calming music or white noise
- Be in nature
- Get in a comfortable chair and most comfortable pajamas
- Close your eyes and take slow, deep breaths
- Dim the lights and get a warm drink

## Step Three: Write your Birth story

Combine the “facts” and the “feelings” and write out your full story.

#### **Writing a Birth story helps us...**

- Process our experience – Putting our story into words helps us make sense of what happened, whether it unfolded as planned or took unexpected turns.
- With Emotional healing – It provides space to acknowledge feelings, celebrate strengths, and release emotions that may still feel unresolved.
- Create a keepsake – Our story becomes a meaningful record to share with our children one day, or to revisit ourselves as a reminder of our resilience.
- Share with others – Birth stories connect us. Sharing yours can support, inspire, or comfort others preparing for or reflecting on their own journeys.



Interested in a one-on-one  
Birth Debrief with a Doula?

Contact us:

[www.childbirthkingston.com](http://www.childbirthkingston.com)





# Step One: The Facts

1. What was the process of becoming pregnant like for you?
2. What was your care like during pregnancy? (What type of Care Provider did you have? Was this your preferred care provider? Was there anything that was deemed "high risk" for you and/or baby? How did they refer to you?)
3. When did your Labour begin? Did Labour begin on its own, or were any Induction methods used?
4. Who supported you through your Birth? Partners? Family? Doulas? (Nurses, Drs, and Midwives if you can remember!)
5. How did Labour (until full dilation) unfold for you? (Jot down a rough timeline or order of events. Include any interventions used (Continuous Electronic Fetal Monitoring, pain medications, Pitocin, etc))
6. How did Delivery unfold for you? (Jot down timeline, positions used, and interventions (coached pushing, vacuum, cesarean birth, etc))
7. What details do you remember about the first few hours after Birth? (Did either of you need additional medical attention? What do you remember about delivering the placenta? Did you experience skin-to-skin/bonding time and, if so, how long?)
8. What did the first 24hrs look like for you? (Length of hospital stay, support with feeding, monitoring for you and bebe, rest/sleep/privacy, etc)
9. What are your biggest impressions/memories from your early Postpartum? (Describe the support/visits you had, Infant feeding, sleep, etc? How was the dynamic with your support system/people? How was the physical recovery?)
10. Do you feel you were provided with information and resources to prepare you for your Postpartum experience? (Including who to reach out to for more information.)

# Step Two: The Feelings

1. How did you feel when you realized you were expecting a baby? What was it like sharing that news with others?
2. Within your pregnancy experience were there any moments or events that evoked a strong emotional reaction? (Good and bad?)
3. Did you have any expectations or preferences for your Birth experience? Did you feel your provider asked for, and was open to these? (This includes Birth plans, but also any cultural/religious practices.)
4. How did you feel during Labour (until full dilation)? (What was your perception of your pain? Did you feel in control? Were there things that helped you feel calm/safe/relaxed? Were there things that made you feel anxious or scared?)
5. How did you feel during Delivery (either vaginal or cesarean)? (What was going through your mind? Were there times you felt calm/confident? Were there times you felt rushed/anxious?)
6. Did you have a Partner or chosen support person for your Birth? If so, how did they contribute to your Birth experience?
7. Describe how you felt when you met your baby for the first time. (Did you feel ready to cuddle, or were you overwhelmed? What was the energy like in the room around you? What were your impressions of the first 24hrs?)
8. What was the most impactful moment during your Pregnancy, Birth, and/or Postpartum experience?
9. What was the most challenging part of your experience?
10. How did you feel about your Postpartum experience as a whole? (Did you feel supported in your choices (procedures, parenting, feeding, bonding, etc)? What was the most surprising element about your Postpartum?)

# Step Three: The Story