



Childbirth Kingston

Partner + Support Person Reflection Tool

Birth is a profound experience not only for the birthing person but also for their partner or support person. Reflecting on your own experience can help you process the emotions, surprises, and challenges that come with witnessing and supporting birth. It offers space to acknowledge your own feelings — pride, fear, awe, or even helplessness — that often go unspoken. Taking time to reflect can help strengthen understanding between partners, support emotional your well-being, and deepen the sense of connection to the birth story and your new family journey.

Step One: The Facts

The initial set of 10 prompt questions will help build the background + context details of your story(ies). This provides 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.



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

Contact us:

www.childbirthkingston.com



Step Two: Add the Feelings

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

A Note:

It's easy to focus entirely on your loved one's birth experience — and to forget that you went through it, too.

While your role was to support, protect, and hold space, you also witnessed something intense and deeply emotional. You might have felt proud, helpless, scared, amazed, or all of these at once. Those feelings matter.

As you reflect, try to stay mindful that your experience is valid and worth exploring — even if it feels secondary or “less important” than what your loved one went through. You were part of this story, and your memories, reactions, and emotions shape how you move forward as a partner, parent, or family support.

Take your time, breathe, and be honest about what comes up. There are no “right” feelings to have. Being mindful simply means staying curious about your feelings without judging them.

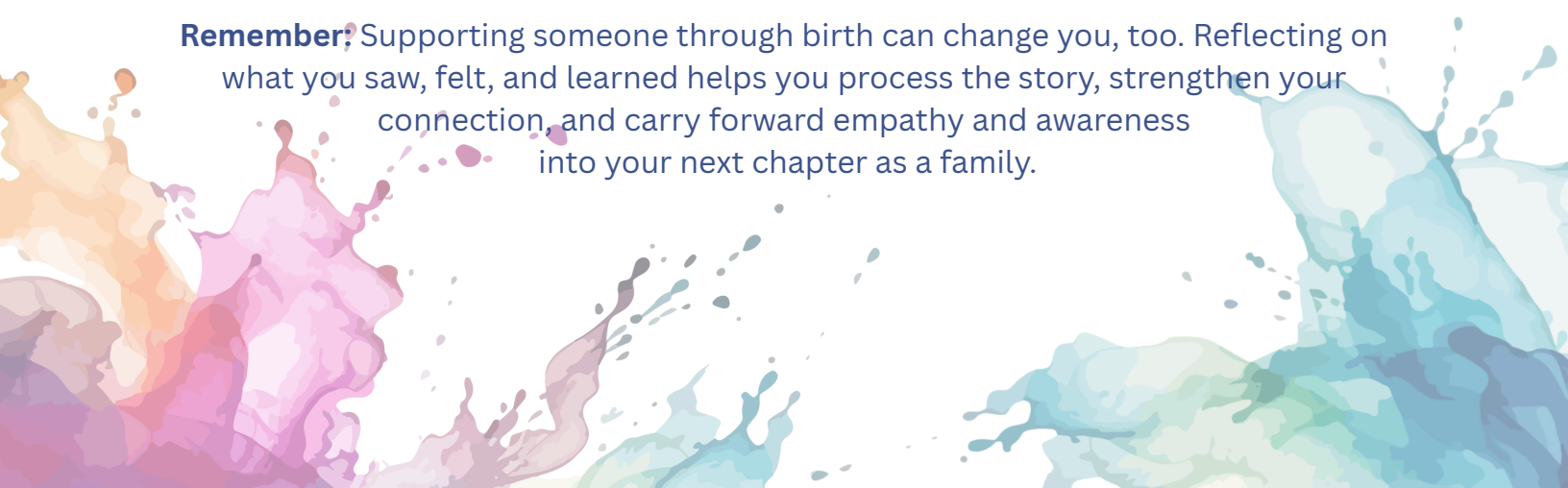
If the memories feel heavy

It's normal for some recollections to bring up strong feelings. If thinking about the birth leads to panic, flashbacks, ongoing anxiety, or makes daily life hard, please reach out for professional support. (See QR code)

Step Three: Write your Story

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

Remember: Supporting someone through birth can change you, too. Reflecting on what you saw, felt, and learned helps you process the story, strengthen your connection, and carry forward empathy and awareness into your next chapter as a family.





Step One: Record The Facts

1. Before labour began, what expectations or worries did you have? How ready did you feel to support your loved one — emotionally, physically, or just being present?
2. How did labour begin (on its own or through induction)? What were your first thoughts or reactions when you realized it was really happening?
3. How would you describe the role you played during labour and birth? What are some ways you supported your loved one, and what strengths did you notice in yourself?
4. Which moments from the birth stand out most clearly to you? What parts of your loved one's strength, courage, or vulnerability stayed with you?
5. Were there any medical procedures or interventions? How do you remember the overall flow of labour and birth unfolding?
6. In what ways were you supported, informed, and included by the healthcare team?
7. What do you remember about the first few hours after birth — things like your loved one's recovery, meeting the baby, or how much privacy and space you were given?
8. How would you describe the first day and night after birth — rest, visitors, feedings, and the new rhythm between you and your partner?
9. Were you given enough information about recovery, support, and who to reach out to in the Postpartum period?
10. Looking back, is there anything you wish you'd done differently? What would you want future support people to know about being present at a birth?

Step Two: Sit with the Feelings

1. How did you feel when you first learned your loved one/partner was pregnant, and what was it like sharing that news with others?
2. While supporting the pregnancy, were there any moments that really stood out – moments of excitement, fear, pride, or uncertainty?
3. Did you have any hopes or expectations for the birth? If so, what were they? Did you feel your and your partner's preferences were listened to and respected?
4. How did you feel while your loved one was labouring – were there times when you felt calm or confident, or times when you felt anxious or unsure?
5. What was it like for you during baby's delivery? How did you perceive your contribution to your partner's/loved one's birth experience?
6. Describe what it was like meeting the baby for the first time and how those first 24 hours felt.
7. What was the most powerful or challenging moment for you across pregnancy, birth, or the days after?
8. How has this experience affected your relationship – with your partner, your baby, or your view of parenthood and yourself?
9. Were there moments when you felt powerless to help or protect your loved one? What did those moments teach you about your strengths, limits, or coping?
10. What has helped you process everything so far? What kind of support do you still need, and how do you think this experience will shape how you show up for your family in the future?

Step Three: Write the Story