

3. After birth...

My thoughts, feelings and questions:

It can be helpful to review events around pregnancy and birth, all of our maternity units have a birth reflection/listening service that can be accessed at any time after giving birth or when you return for subsequent pregnancies. Ask your midwife or health visitor how to access this service at your maternity unit.

You can keep this booklet after your baby is born, you may find it is a useful record of your choices and preferences, and it may help and support you in any future pregnancy.