

# Birth Reflections

This leaflet can be made available  
in alternative languages / formats on request.

*如有需要，本传单可提供其他语言/版式  
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Na żądanie ta ulotka może zostać udostępniona  
w innych językach/formatkach.

## What is a Birth Reflection?

The Birth Reflection Service gives all women the opportunity to discuss their birth experience should they wish to. We recognise that for some women, the experience of giving birth can be difficult or stressful, and can leave them feeling tearful or anxious about what happened. They may also be fearful about any future pregnancies and births. Other women may just have some questions about why things happened the way they did.

## What does the service offer?

If you had your baby/babies Whiston Hospital, we can offer you an appointment with an experienced obstetrician or midwife at a convenient day/time to suit you. This midwife will not necessarily be the midwife who looked after you during your labour.


- The midwife/obstetrician will have accessed your records so that they have a full history of what happened during your labour and birth.
- They will answer any questions that you have about your birth experience and work through any issues, thoughts or feelings which may be causing you concern.
- With your permission, the midwife/obstetrician can refer you on to other services if it is felt that it would be beneficial for you. Or they can arrange a meeting with the obstetrician / anaesthetist / paediatrician as appropriate.

## **How do I access the service?**

You can speak to your midwife, GP, health visitor or any other professional involved in your care and they will be able to refer you to the service. Once we receive the referral, we have to ensure that we have access to your records. Therefore, there may be a short wait before we contact you. Once we have your records we will contact you by telephone.

## **How do we find out if the service is useful?**

Your views and comments are very important to us to help us to find out if the service has been beneficial to you. We also welcome your suggestions on how we could improve the service. Therefore, when you have completed your Birth Reflection you will be invited to complete a short questionnaire which we will provide for you.



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