

A dark grey silhouette of a tree with many thin branches and small leaves, positioned on the right side of the page. The tree's trunk is thick and tapers slightly towards the top. The branches spread out in various directions, some ending in small, pointed leaves.

Birth Reflections

Supporting you after you
give birth

Putting you **first**

What is Birth Reflections?

The West Suffolk Hospital's Birth Reflections is a confidential midwifery-run service which gives you the opportunity to discuss your birth experience. We're here to support you, whether your experience was a positive or negative one, and answer any questions you may have. We can also help you plan any future births that you might be considering.

Your community midwife can discuss your birth experience with you, however, if you feel you would benefit from further reflection on your birth, then please do not hesitate to contact us. We offer all new parents the opportunity to come back and see us within the Birth Reflections service within a year of your child's birth.

What will happen at my appointment?

At your first Birth Reflections appointment you will spend around an hour with us going through your medical notes and discussing your birthing experience as a timeline of events. In doing so, this allows you and your birthing partner to understand what happened and why. If you feel you would benefit from counselling, we can talk to you about the options available to you and sign post you to services such as Petals and Suffolk Wellbeing for additional support.

Giving birth is a life-changing event, and we want to help you feel in control and empowered.

How do I make an appointment?

You can self-refer to our Birth Reflections service any time up to a year after having your baby. The earliest you will be offered an appointment is from six weeks postnatal as this allows you time to physically recover from the birth. The average waiting time for an appointment is within eight weeks from initial contact.

Email: birthreflections@wsh.nhs.uk

