

# My Emotions During Birth

Taking care of yourself is just as important as caring for your baby

This section is all about ensuring that you feel safe and supported during before, during, and after birth. If you have no strong feelings on these things, please feel free to leave them blank

This section can be particularly helpful if you have specific concerns or worries, whether that is due to a previous traumatic birth, past experiences, or simply just how you are feeling leading up to birth

**What I need to support me:**

Information you'd like to be shared ahead of time, a particular communication style, or anything that could help you feel fully supported by medical staff or your birth partner

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**What I will need to prepare for:**

A way to recognise that things might not go to plan, and think about how you will feel in certain scenarios during the birth, should they occur

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**Words & language that I would like to be used:**

Any words/language that you feel could trigger you from past experiences, or language you'd like to be used to discuss what is happening throughout birth

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**Environmental factors to consider:**

Anything in particular about the room, interactions, sounds, or environment that you think could make you feel more comfortable or calm

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## Things that would make me feel:

Happy

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Worried

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Supported

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Ignored

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Heard

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Nervous

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Safe

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Sad

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Comfortable

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Angry

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