



Home Birth
Aotearoa

Writing a birth story

A guide of inspiration for writing a birth story

Some perspectives:

Your own like telling a story
Third personal, personal
Dad's story
Midwives story
Fly on the wall
Sibling's story

Some opening lines:

What I remember the most about that day...
My vision for my birth had been...
We choose to birth at home because...
It was spring/summer/autumn/winter and...
I found out I was pregnant... or I knew I was pregnant when....

What you may like to cover:

When, how and why you choose homebirth
The build up to labour, the preceding few days
Preparing your house for birth
The moment you knew this was real labour
Your chosen support people
Something about the pool
Something about your partner
The progression of labour
Your relationship with your midwife
Moments in time which are memorable to you
The sounds, tastes, smells you recall – ones you loved, ones you hated
What you did during resting phases
How you coped with surges
What your other children were up to
The birthing stage – who was there, how did you feel, what were you thinking, what sounds were you making, the moment you saw your baby – what did you see, how did you feel?
Birthing the placenta
Feeding the first time
How you felt afterwards
What was great about being at home
Any benefit of hindsight thoughts?

Your story can be as long or as short, as detailed or as ethereal as you want it to be.

To share your story, go to
www.homebirth.org/birthstories



Home Birth Aotearoa
It's your choice

www.homebirth.org.nz