****

* **Would you like to talk through your birth experience?**
* **Do you have unanswered questions?**
* **Does your birthing partner have unanswered questions they would like to discuss?**

A Birth Reflections appointment is an opportunity to go through the notes from your birth with a midwife and fill in any gaps, ask about the reasons for decisions and talk about your experience.

**Please do talk to your midwives in the days following your birth to answer any questions you may have.**

**We recommend two months to allow the experience to settle but if it still feels unresolved,**

**please email** **birthreflections@hhft.nhs.uk** **and we will be happy to arrange an appointment for you.**