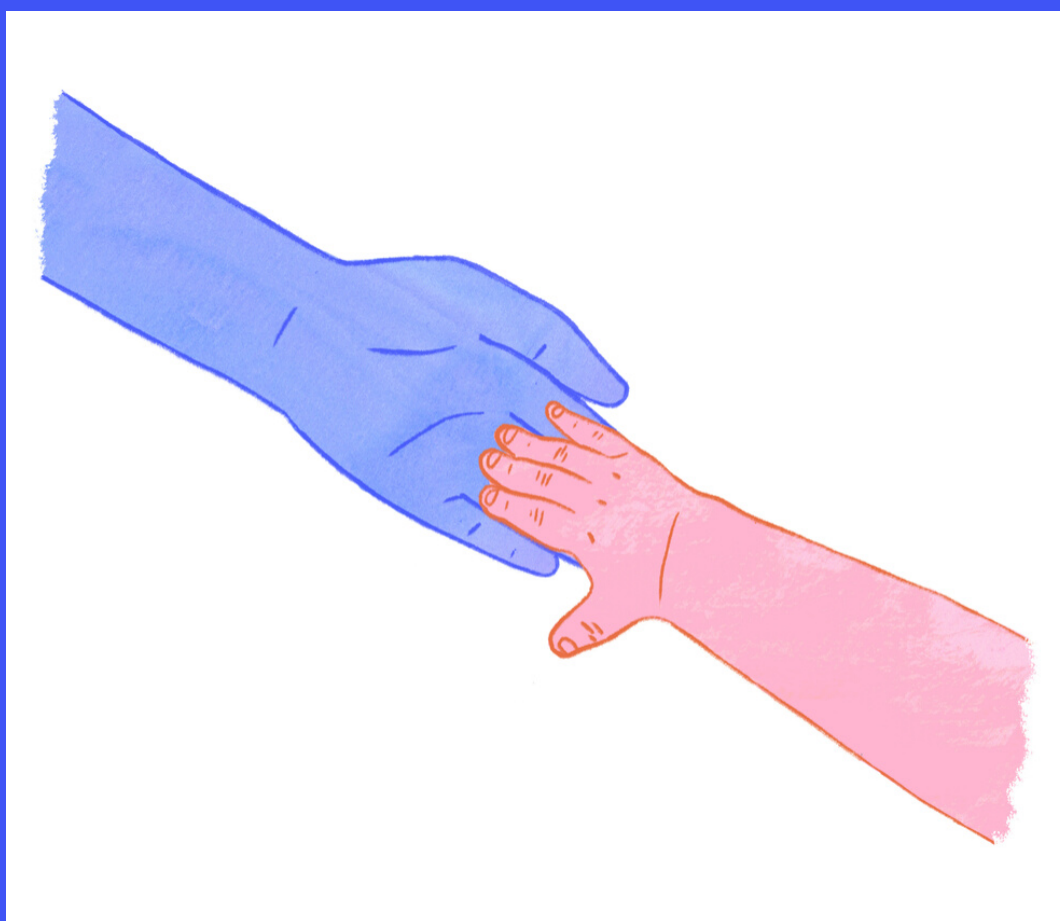


# **Let's Talk About Birth Convo Guide**



*a special way to celebrate  
Mother's Day*

# Seek out the person who birthed you and ask:

- How'd you know that you were in labor? What did it feel like?
- Did you use medication or have surgery?
- Did you push me out? What did that feel like?
  
- Did you feel supported while in labor? Why or why not?
- What did it feel like to hold me for the first time?
  
- Did you breastfeed? Why or why not? What was it like?
- What was your postpartum experience like?
  
- Going back in time, what advice would you give yourself?
- What did giving birth teach you?
- What did transitioning into parenthood teach you?
- Is there anything about how I was born and/or how I was as a newborn that is representative of what you see in me today?

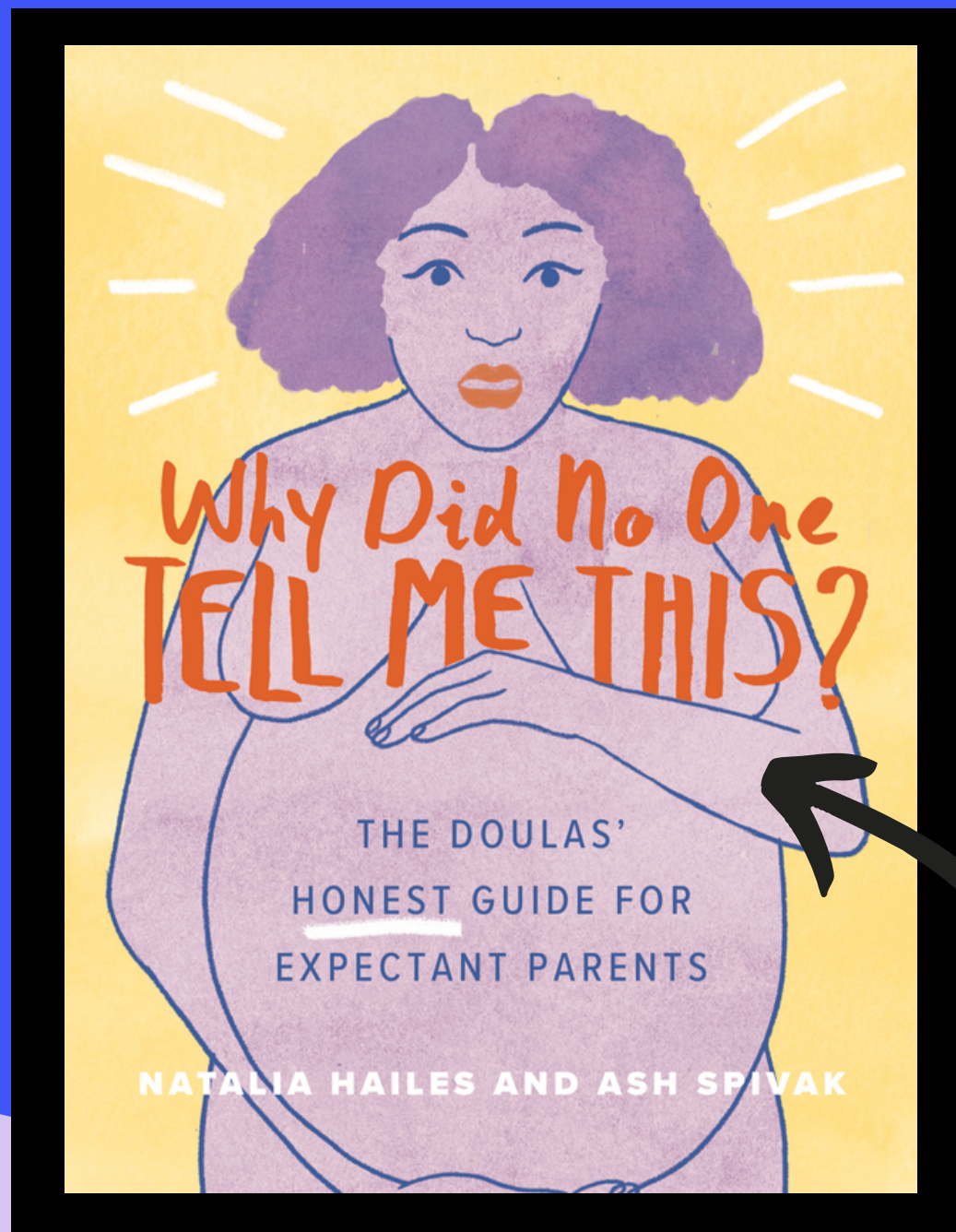
# **If you don't have access to the person who birthed you**

*or don't feel comfortable asking...*

- Ask adoptive parents, relatives, or anyone else you wish to connect with about any details they may have about your birth and/or what it was like to meet you for the first time.
- Are there any people in your life you think are freakin' awesome and have given birth before? Can you ask them what their experience giving birth was like? Use the questions above to guide the conversation if you want!
- Sit in meditation and connect with what being born brings up and give thanks to

# we were all BORN

*let's talk about it!*



The Birth Story Convo Guide guide was adapted from this book  
by Natalia Hailes and Ash Spivak

Check it out: [whydidnoonetellmethis.com](http://whydidnoonetellmethis.com)