

Birth Reflections Service



Reassurance

Explanation

Feelings

Listening

Empathy

Concerns discussed

Time to talk

Information

Offer support

Next birth considered

Sharing joys and sorrows



**Was your baby born in
Newcastle?**

**Would it help to meet with a
Midwife to talk through your
experience?**

**A Birth Reflection Appointment
can help resolve unanswered
questions and explore how
you feel about your labour and
delivery.**

**To book an appointment or
enquire about the service ...**

**Please call
0191 282 0212
and leave a message on the
answer phone**

**Or email
nuth.birthreflections@nhs.net**

**Please inform staff on booking
if you require a translator.**



The Newcastle upon Tyne Hospitals
NHS Foundation Trust