

Sharing Your Birth Story

Children of all ages love to hear the story of their pregnancy, their birth, and early life. When mothers tell this narrative directly to their child, her emotions are stirred by her memories bringing tears to her eyes and voice. Then the child becomes extremely attentive to her. This is true whether the baby is newborn or older. Even newborns orient to the mother and make eye contact during the emotional exchange. Crying is healing and should be welcomed. As a mom, you should definitely let yourself cry when you feel like it, it will increase the likelihood that your child will attend to you. When your child is paying attention to your feelings, the two of you feel a deep connection.

Tell your child directly about the following:

Holding them on your chest or on your lap facing each other, share your feelings about ...

- If pregnancy was a surprise or planned
- Pregnancy symptoms
- Description of prenatal course and care
- Hopes and dreams for the baby during pregnancy
- Precipitating events around the birth
- The good things and upsetting things that happened at the hospital
- Tell your child what you felt when you first saw them
- Tell your child what family member they looked like at first glance
- When you named the baby
- How you chose the name
- Who was there at the birth
- Who came to the hospital to meet the new baby
- Your time in the hospital
- Whether you were together or separated after birth
- How you felt if you were separated
- Express your appreciation for the child in words and in hugs

