



My Birth Questions

In the left column, write down the questions you want to ask during your debrief. I have given you some examples, but you can ask anything you want. In the right column, you can check off the questions as you get answers in your debrief. There are more pages if you need them.

Question	Covered?
<i>Example: I had a caesarean, but my cervix was fully dilated. Why can't forceps/ventouse always be used at full dilatation?</i>	
<i>Example: What can I do to help myself process what happened?</i>	
<i>Example: I lost a lot of blood. Might that happen again if I have more children?</i>	



Question	Covered?



Question	Covered?



Question	Covered?



Question	Covered?