

Welcome to the Birth Reflections Clinic

Information for women, birthing people, and birthing partners

What is Birth Reflections?

Birth Reflections is a confidential midwife and clinical psychology run service that provides women, birthing people, and birth partners with an opportunity to: talk about their birth experiences; ask questions about what happened; share feelings and check-in on emotional wellbeing; and to reflect on their overall birth experience.

If the birth involved care from the obstetric consultant team it may be that instead of a midwifery-led Birth Reflections appointment, a clinical review with the care from the obstetric or medical team would most helpfully answer questions and provide a similar service. The Birth Reflections team routinely review all referrals and redirect when this is likely to be the best fit.

At what stage after my birth can I make a Birth Reflections appointment?

Appointments are held in the postnatal period, after at least 6 weeks. There is no upper limit in terms of time since the birth however, if it has been several years since the birth, it may mean there is a delay while we work out how to organise the session in a way that is most helpful to the individual.

How long is a Birth Reflections appointment?

Birth Reflections appointments are usually offered as a single appointment which lasts an hour. This includes time to begin a therapeutic summary letter with you, which will be sent for you to keep.

When and where can I have an appointment with the Birth Reflections service?

Royal Infirmary of Edinburgh: Face-to-face appointments are on Monday afternoons in the Maternity Outpatients Department

St John's Hospital: Face-to-face appointments are on alternate Friday afternoons in the Maternity Outpatients Department.

Alternatively, you can choose a video-conferencing appointment on either Monday afternoons or alternate Friday afternoons.

Who can attend a Birth Reflections appointment?

The woman or birthing person with or without their birth partner and anyone else she feels would support and/or needs the support can attend.

Is it possible to have a Birth Reflections appointment if the baby was born in a different hospital?

We would recommend people access a review at the hospital where they gave birth.

How can I make an appointment for the Birth Reflections Clinic?

You can request a referral by speaking with your GP, Health Visitor, maternity care professional, mental health care professional or another health care professional. They will complete a referral form and send it to the Birth Reflections team email inbox.

After the Birth Reflections team receive your referral, you will receive a call to make the appointment that will display as a withheld number. You will then receive an appointment letter to confirm the time and date with instructions for how to find the clinic or join by NearMe, NHS Lothian's video-conferencing service.

With warm wishes,

The Birth Reflections team