

MY NAME IS: _____ #: _____

Pregnancy and Birth

Activity Sheet F

The following questions relate to your birth. Discuss them with your parents and try to find out the answers. If you are adopted, talk with a family member who might know the answers or who can tell you about your arrival in your adoptive family. Record the answers to the questions in the spaces provided.

1. What were the date and time of your birth or of your arrival in the family?
2. Where did this occur?
3. Who was present?
4. What was your father doing at that time?
5. What was your mother doing when she went into labour? What was your father doing at that time?
6. How long was your mother in labour, and what was the labour like?
7. How long were you, how much did you weigh, and what were you like at birth?
8. How were you named?
9. Are there any stories about your being brought home?

Student Name: _____

Parent/Adult Support: _____

MY BIRTH STORY

Our earliest memories usually begin when we are over a year old. Imagine being able to remember being a tiny baby, or even the time before being born? What would that be like?

The good thing is that even though you might not remember back to when you first entered the world of your family, there is probably someone who does. The purpose of this interview is to discover some of the things that occurred when you were very young. For those of you who live with one or both of your birth parents, this could mean learning about your life before you were born. Those of you who are adopted or who live with other families could discover some stories about the time you were first introduced to one another.



Take this handout home. Share it with a parent or a trusted adult, and ask that person if you can complete it together.



Schedule a time with the adult for the interview. Give the adult this handout so that they can think about the answers before the interview.



Interview the adult using the questions provided. Allow at least a half an hour.



Both you and the adult sign the top of the form in the blank provided for your name when the interview is complete.

1. What can you tell me about my life before I was born?
2. What was I like when you first met me?
3. How did knowing that you were going to have a new family member change your life?
4. What are some of the best memories you have of me either before I was born or when I first became a part of this family?