

Journal Prompt: Inner Knowing Birth Pie



Read the resource document, “Birth Pie” and refer to it as you complete your reflection and journaling. As a mentor, it can feel enticing to have the perfect recipe ready (the perfect classes or prenatal meeting structure) for those who work with you. This is often what parents are looking for! When writing your recipe for Birth Pie, be honest and specific—this is just for you.

The Birth Pie “recipe” I’ve been following:

- What ingredients are in my pie?
- What ingredients do I tend to leave out?

Now dig deeper.

It’s not enough to identify the ingredients in your Birth Pie. And you can’t just throw out the recipe and get a new one. A way to make lasting change is to inquire within--again and again.

What motivates me to serve my favorite Birth Pie, e.g., Perfect Birth Pie, Empowering Birth Pie?

How do I know that a particular way is better, best, or empowering for others?

How do I know that I, or others, should avoid the alternatives to this particular way?

What might it mean about me, as a mentor, if a client has the kind of birth or postpartum I want them to avoid?

How will I feel if this happens?

Perhaps you are motivated to have them avoid a certain outcome so that you don't feel powerless to change the trends in our birth culture, or so you can guide them towards an experience you had, or wished you had. Does this feel true?

What is one small change I can make in my recipe? What is one ingredient that I can start adding? Or at least have on hand in my pantry?

How might it impact the people I work with if I have more ingredients on hand? Or if my pie recipe includes things that I formerly left out?