



Birth Story Submissions

Congratulations on the arrival of your little one, and thank you so much for agreeing to send us your positive c-section birth story. We're so excited to share it with our audience as we continue on in our mission to help women feel more informed and empowered for their c-section births.

- Please send us your birth story via email to socials@csectionuk.com.
- Approx 350-550 words would be ideal!
- Please ensure that any names of health care professionals or hospitals are removed from your story.
- Please include the most valuable thing you learnt and put to use from our C-Section Courses, if you have completed any of them.
- We'd love for you to include the best product that you used throughout your c-section journey.
- Please include an image or multiple images of yourself/your birth/baby if you're happy to, and include these in your email. If the files are too big please send via WeTransfer to socials@csectionuk.com with your name. If you'd like us to blur any faces, please let us know. We will crop out anyone else in the photos that isn't you, e.g. medical staff.
- If you're happy to be tagged on Instagram, please include your username.

By sending us these images and your birth story, you are consenting to them being used across our social media and website, but please contact us at socials@csectionuk.com if you would like these to be removed at any time.

