For Flutter, the background has to start with her mom, Claudia. Claudia's parents were nurses in Canterlot, and Claudia was sick most of the time. Celestia met Claudia when they accidentally collided in the hallway. (Celestia had been visiting Luna after her parents gave birth.) They soon became friends.

In the early stages of the war against the tyrant, power-hungry alicorn King Razor, Claudia's parents, Moonsun and Cloverleaf went to the front lines, dying in an accident. Celestia and Luna convinced their parents to adopt Claudia, but the adoption was put off due to the war. When Celestia and Luna had to stay in the Castle of Two Sisters, Claudia and her friend, Bloodshed, decided to explore a cave that they thought could lead to the sisters. It didn't.

Claudia found the old land of Hoofasia, which early Equestrian settlers had to leave. Who ruled there was King Razor. Claudia eventually grew up there, with Razor's colts patrolling the streets.(War info: Razor lost, and was not determined to rage war with Equestria again.) When she was old enough, she ran away with Sunrai, a fellow hidden alicorn. They were married and had five kids, one of which was Blublood, who we see Rarity crushing on in the show. And yes, he was always as selfish as in the show.

Razor took Flutterflight when she was young, sensing great raw alicorn power from her. Claudia and Sunrai were informed that she had died. Flutter was trained by Razor from before dawn to late after dusk. The tyrant didn't treat her nicely, so she ran away. She snuck into the secret herd escaping to Equestria. Unknowing to her, the herd was led by her parents.

In attempt to get away from Razor, the group ran into a race of vampire ponies, who then chased them through the tunnel Claudia had found when she was a little filly. Now, Nightmare Moon had just taken control of Luna, so she had gone crazy. She froze the exit to the tunnel with Ice. Ice was a magical spell that covered the ponies in a special frost that preserved them. A mining pony found Blublood by the entrance years later, and that is why he appears in the show. Shining Moon, the other filly to escape, was the ancestor to Twilight Sparkle (her dad's side).

After Blublood explained that he was the only one who didn't "die", Celestia hid all the books containing reference to Claudia. This is why we have no clue of these encounters in the show. Because there is no reason for it.

Twilight and her friends do find the cave while chasing the CC (Cutiemark Crusaders). They befriend every pony in the cave, other than Flutter who sneaks off. She finds a door and goes inside…

To Get the rest of the past, go to Part two of Flutter’s Past. Sorry for the lack of copy/pasting!