I'd I would or I had?

The contraction 'd can mean 'would' or 'had'

you'd ="you would" or "you had"

He'd ="he would" or "he had"

She'd = "she would" or "she had"

It'd = "it would" or "it had"

We'd = "we would" or "we had"

They'd = "they would" or "they had"

SO...

how can we tell if 'd is "would" or "had"?

"**Would**" is followed by the bare infinitive.

SO...

I'd like some tea. = I would like
I'd rather live in Paris. = I would
rather

"Had" is followed by a past participle.

so...

He'd gone home. = He had gone It'd been done. = It had been