



Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Age \_\_\_\_\_ Due Date \_\_\_\_\_

Who is your medical provider? \_\_\_\_\_

May I discuss you with your medical provider? \_\_\_\_\_

Where are you planning to give birth? \_\_\_\_\_

Who will be with you while you give birth? Please list their name(s) and their relationship to you

\_\_\_\_\_

Have you or will you be taking Childbirth Preparation Classes? If yes, which type or with whom?

\_\_\_\_\_

Do you have any special needs during your pregnancy and/or birth? If so, what are they? Do you have any illnesses that you anticipate will complicate your birth?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Why do you want a birth doula?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What do you anticipate your emotional needs will be during labor? \_\_\_\_\_

\_\_\_\_\_

If this is not your first birth, please describe in detail your previous births. Please use the back of this paper or attach.

\_\_\_\_\_

Have you had any periods of mental illness, depression, anxiety disorder, or Postpartum Depression that you care to share with me?

\_\_\_\_\_

Do you have any history of sexual trauma that you care to share with me?

\_\_\_\_\_

Describe your relationships with your mother and father

\_\_\_\_\_

Describe what your ideal birth would be like. Use the back of this paper or attach if necessary.

\_\_\_\_\_

Do you think labor will hurt? \_\_\_\_\_

Are you afraid of the pain? \_\_\_\_\_

How do you ordinarily deal with pain? How do you see yourself coping with pain during labor?

\_\_\_\_\_

Do you wish to avoid pain medication?

\_\_\_\_\_

What are some specific desires you have for this birth? You may attach a birth plan if you have one written.

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Do you have any cultural, religious, or spiritual needs that you would like to share with me?

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Is there any other important information that you would like me to know?

**Birth Wishes**

It is important that you prepare for a positive experience. It is helpful for you and your partner to write together a Positive Birth Plan, yet plan for your options.

What coping methods will you use in early labor?

When will you go to your place of birth?

How will you work with your contractions?

How long will your labor be?

What techniques do you want to use for comfort?

Visualizations:

Positions:

Massage Preferences:

How will you work with the 2<sup>nd</sup> Stage of Labor?

What position do you plan to give birth in?

How do you feel about pain medication?

Will you have a code word? If so, what will it be?

**Options**

**Mother's Feelings**

**Partner's Feelings**

When to go to birthplace

Role and level of involvement of partner

Clothing

Separation

Vaginal Exams

IV

Fetal Monitoring

Eating During Labor

Drinking During Labor

Movement During Labor

Medication

Amniotomy

Positions in Labor

Handling a Slow Labor

Episiotomy

Perineal massage and support

Forceps/Vacuum

Parents helping catch baby

Immediate contact with baby

Picture-taking

Breastfeeding

Cord-cutting

Placenta delivery/encapsulation

Separation of baby from parents

Cesarean Birth

Newborn Care:

Antibiotic eye ointment, Vitamin K shot, Exam, Weighing