

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? _____

Have you or will you be taking Childbirth Preparation Classes? If yes, which type and 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 labor doula ?

What do you anticipate will be your emotional needs 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 previous postpartum depression that you wish to share with me? _____

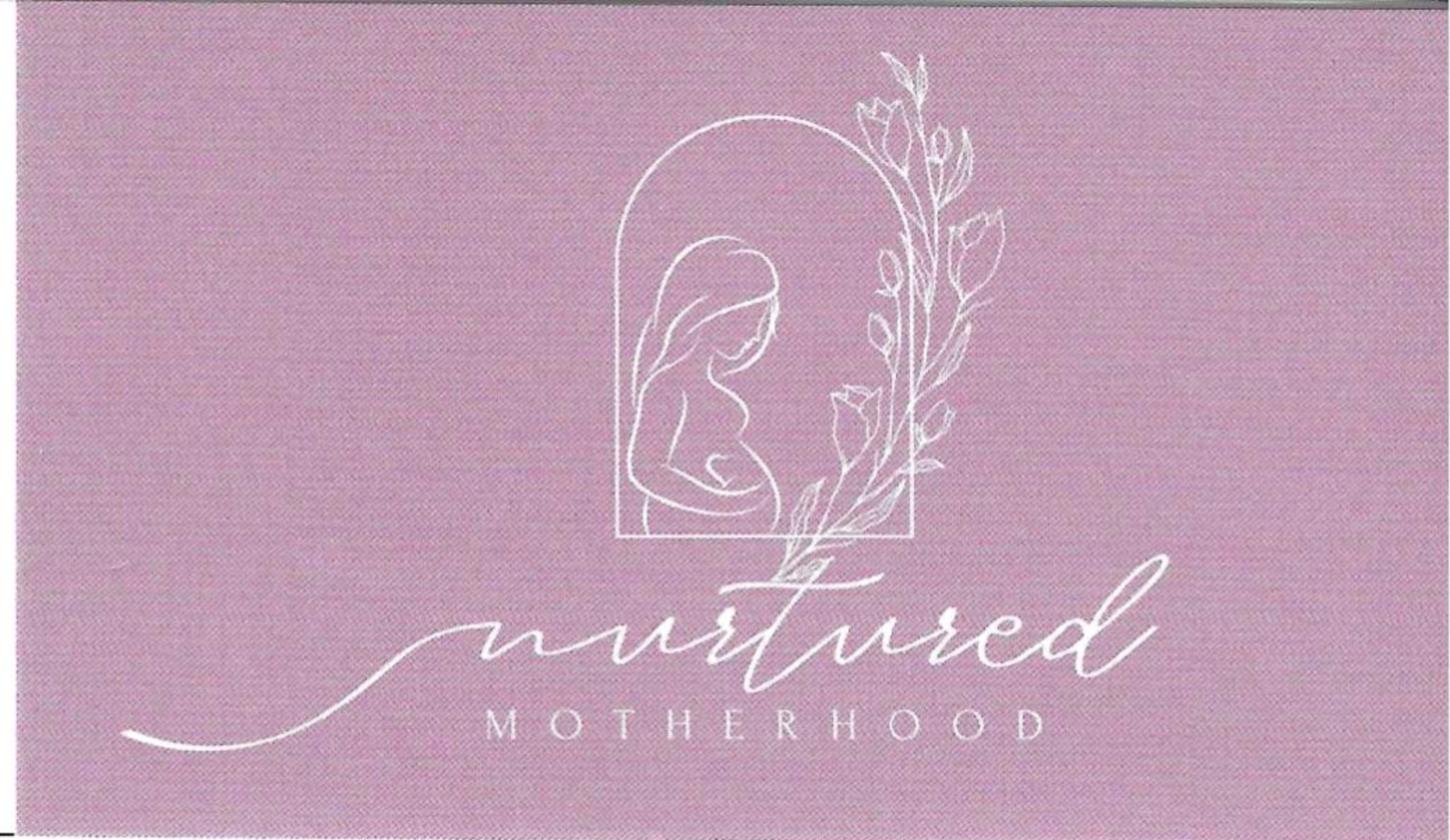
Describe your relationship with your mother and father

Describe what your ideal birth would be? Use the back of paper 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 _____

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

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 things will you do 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 2nd stage?

What position do you plan to give birth in?

How do you feel about pain medication?

Will you have a code word?

OPTIONS

Mother's feelings Partner's feelings

When to go to birthplace

Clothing

Separation

Vaginal Exams

IV

Fetal Monitoring

Eating During Labor

Drinking During Labor

Movement During Lab

Medication

Amniotomy

Positions in Labor

Handling a slow labor

Episiotomy

Massage, perineal support

Forceps/vacuum

Parents helping catch baby

Immediate contact w/baby

Picturetaking

Breastfeeding

Cordcutting

Placenta delivery/encapsulation

Separation of baby/parents

Newborn care:

Eyes, Vit. K, exam, weighing

cesarean birth