

When you are able, please take a moment to briefly answer the following questions and bring the answers back to us. It will help us get to know you and identify some things that may arise during your pregnancy, birth or postpartum.

1. Was this pregnancy planned?
2. What were your feelings when you first learned you were pregnant? And your partner's feelings? Have these feelings changed since then?
3. What are your reasons for choosing midwifery care? What are your expectations of your midwives?
4. Do you have a regular exercise program?
5. Has this pregnancy raised issues of body image for you? Do you have any history of anorexia or bulimia?
6. Will you be working during this pregnancy? Is your job physically and/or emotionally stressful? Are you physically active in your work or primarily sitting? When do you plan to start maternity leave?
7. How do you deal with challenging life situations? Can you think of any life experiences that will help prepare you for giving birth?
8. Childbirth can bring up intense memories and feelings. It would be helpful for us to understand your past history in the context of physical, emotional or sexual mistreatment or abuse. Do you have any such history? Do you feel comfortable discussing these issues with us? If you are not comfortable discussing these issues at this time, please feel free to approach us at any time for confidential counseling or a counseling referral.
9. Is there anything in your family history you feel may be useful for us to discuss to better understand you?
10. What are your ideas or wishes for the birth of this baby and how do you think your needs will best be met? Can you describe any fears or concerns you may have related to labour, birth, postpartum or motherhood?
11. Who are you planning to have at the birth and what are your expectations of these support people?
12. Who will be helping you out at home for the first 10 days following the birth of your baby? How much time off work will your partner be able to take?
13. Are there any spiritual or religious beliefs or practices that you would like us to know about?

Previous Pregnancies and Births

1. Did you enjoy being pregnant?
2. Did you have any complications of pregnancy?
3. Please describe your past labour(s) and birth(s). Were you on time? Any complications of delivery? If so, please explain. Who attended your previous deliveries?
4. How did you feel postpartum? Any problems with breastfeeding? Did you feel depressed? How long did you bleed for?
5. What, if anything, would you like different about this birth?
6. Are you planning to have your other child(ren) attend the birth of this baby? How do you plan to prepare them for the experience? Is there a trusted support person available for them?

Please tell us about your mother's obstetric history.

1. How many pregnancies did your mother have? Did she have any miscarriages?
2. How many births did she have? Did she have any stillbirths or infant deaths?
3. How long was her 1st labour? 2nd labour? 3rd? etc...
4. Did she have any complications of pregnancy or delivery?
5. What was your birth weight?
6. How would you describe your mothers' attitude toward pregnancy and birth? Did she breastfeed?
7. Have your sister(s) had any babies? If yes, please answer the above questions.
8. Do you have any relatives (including aunts, uncles, cousins) that have experienced any stillbirths, congenital anomalies or infant deaths?

Is there anything else you would like to tell us?

You may also use this space to write additional information about any questions.