

Client Information

Name:

Guess Date:

Telephone Number:

Address:

Email Address:

How did you hear about my services?

Partner's Information (if applicable):

Name:

Telephone Number:

Email Address:

Details of Services Booked:

Total Fee Due: _____

Payment Plan Details:

Birthing Information:

Do you know the sex of your baby? female male unknown

Circumcision or Intact? _____

Do you have a name for your baby?



Do you have a primary attendant chosen for your birth?

- Undecided
- I am hiring a (non-medical) Birth Attendant
Name: _____
- Registered Midwife
Name: _____
- Family Physician
Name: _____
- Obstetrician
Name: _____
- Other Name: _____

Where are you planning to give birth?

- Undecided
- Home
- Birth Center
- Hospital
- Other
Name: _____

Are you considering water birth? Yes No Undecided

Is this your first birth? Yes No

If you have had previous births, miscarriages, or abortion experiences what were they like?



What about those births would you like to be the same or different this time?

Are there any special circumstances with this pregnancy that may affect your plan for the birth?

What is most important to you about your upcoming birth?

When you look back on your birth and describe why it was a good experience, what will you say?

If applicable, what is most important to your partner about your upcoming birth?

When your partner looks back on the birth and describes why it was a good experience, what will they say?

Do you have any specific concerns or worries regarding this birth? And your partner?

Do you have any spiritual or philosophical beliefs or traditions that you would like to be respected during this birth?

Education / Being Informed:

Where has most of your knowledge about childbirth come from so far?

What books, films, or shows have you watched about birth?

Are you taking / will you be taking prenatal classes?



- Undecided
- Private prenatal classes
- We Birth at Home Prenatal Classes
- Childbearing Society Prenatal Classes
- Hypnobabies Prenatal Classes
- Hypnobirthing Prenatal Classes
- Birthing From Within Prenatal Classes
- Lamaze Prenatal Classes
- Hospital Prenatal Classes
- Other

Instructor: _____

Are there specific topics you would really like to learn more about?

Current Self Care Mechanisms:

What steps are you taking to make sure you are eating a healthy prenatal diet, including consuming minimal sugar, adequate protein, and good quality forms of salt?

How are you making sure to get a healthy amount of exercise prenatally?

Are you seeing any wellness practitioners for regular care? (i.e. chiropractor, acupuncturist, naturopathic doctor)

How do you stay low stress?

In what ways do you deal with stress in your life?

What makes you feel calm and grounded?

Where do you carry tension in your body?

What do you find helpful for that?



Your Birth Team:

Who will be joining you for the birth (partner, friend, sister, mother, birth photographer, etc.)?

Do you feel comfortable and at ease with everyone on your team?

What support would you like from each member of your birth team? Anything specific?

What is your idea of my role as a doula? What is most important to you in terms of birth doula support?

Other:

Do you have any food / scent / latex allergies?

Is there anything else you would like me to know as we begin working together?

