

maria + jenevieve

birth services, doula team

DOULAS of BOULDER -- History & Information Form

2800 Folsom Street-Unit D; Boulder CO 80304
720-924-2495 || voicemail/text (non-urgent)
303-201-1070 || pager (urgent)
www.doulas ofboulder.com

Estimated Due Date:

Birth Momma: Mom's Birth Date:

Birth Partner: Relationship:

Address:

Special instructions about finding your home:

Mom's phone #: #:

Email Address:

Partner's phone #: #:

Email Address:

Number of Living Children:

Names & Ages:

Number of Previous Pregnancies: Miscariages Abortions

Brief Description of Previous Labor/Delivery:

Name of your care-provider:

How long have you seen this professional?

What is your relationship like with this professional?

Where do you plan to have your baby? home hospital birth center

Name of the hospital/birth center?

Have you had a tour yet? yes no

Have you taken a "childbirth prep" class? yes not yet no plan to

Name of child birth educator?

What was it like for you? (what works or doesn't for you)

Many of us women (1 in 3) have been sexually assaulted in our lifetime. During labor and birth these issues can come into play. We may be of help or provide resources. If you feel comfortable sharing this matter with us, we hold it confidential. You do not need to answer this question on this form.

In general, how has your pregnancy been so far?

How is your sleep?

How is your appetite/diet?

What is your activity level like?

How is your body feeling (overall)?

Any medical concerns or problems? If so, please explain.

Any complications with this pregnancy? If so, please describe.

MOM: Your general feelings about labor and delivery:

PARTNER: Your general feelings about labor and delivery:

MOM: If you could labor and deliver your baby anywhere in the world, in any setting, what would your fantasy birth be like?

What kinds of sounds, sights, and smells would surround you?

MOM: Where do you hold tension in your body?

Do you like touch? If so, what kind:

PARTNER: Where do you hold tension in your body?

Describe any dietary restrictions for mama and partner:

Share examples of your favorite quick meals (favorite take-out or foods to keep you nourished).

MOM: When you are sick or in distress, what typically comforts you or helps you to regroup? (eg. a quiet room, heat, cold, information, strategizing, an object, meditation, dancing, running, goals, words spoken, touch, etc.)

PARTNER: When you are in pain or under stress, what typically comforts you or helps you to regroup? (eg. a quiet room, heat, cold, information, strategizing, an object, meditation, dancing, running, goals, words spoken, touch, etc.)

PARTNER: When your partner is in pain or under stress, how do you typically respond?

On a scale of 1-10, how important to is a "natural" birth (medication-free)?

This can help you in your vision of your birth, and help us support you. We have no preference.

1 = you'd like pain medication immediately

5 = you're open to either way, with no strong preference

10 = regardless of intense requests, you DO NOT want an epidural

What religious/spiritual preferences do you have (if any)? What words connect you with your spirituality, religion or sacredness? What meaningful traditions, rituals or rites of passage do you desire for your labor, birth or with your new baby(ies):

MOM: What's something your partner's done that you been amazed / impressed by?

PARTNER: What's something your partner's done that you been amazed / impressed by?

What helps you to feel connected or re-connect as a couple?

Do you know what you plan to do with your placenta after your birth? (*no idea, want more information, have already decided*)

What are your preferences around photography / video of your birth?

Have you learned about TENS (transcutaneous electrical nerve stimulation) units? Are you interested in possibly utilizing the TENS unit as an option for pain management?

MOM: 3 words you hope this birthing process brings:

PARTNER: 3 words you hope this birthing process brings:

Anything else that may be helpful for us to know to best support you?