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## Birth Doula Client Intake Form

Mother's Name: \_\_\_\_\_ Occupation: \_\_\_\_\_

Partner's Name: \_\_\_\_\_ Occupation: \_\_\_\_\_

Relationship: \_\_\_\_\_

Address: \_\_\_\_\_

E-mail: \_\_\_\_\_ Phone: \_\_\_\_\_

Partner/Father's Phone: \_\_\_\_\_ Estimated Due Date: \_\_\_\_\_

Name of Medical Caregiver (Midwife or OB): \_\_\_\_\_

Contact Number for Medical Caregiver: \_\_\_\_\_

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

Contact number for Labor & Delivery Unit at the hospital (*if you are planning a birth at home or a community birth center please provide this information for your back-up in case of transfer*)

\_\_\_\_\_

How are you planning to feed your baby? \_\_\_\_\_

Do you exercise regularly? \_\_\_\_\_ If yes, what do you do? \_\_\_\_\_

Do you have any medical conditions you think I need be aware of?

Have you had any problems with this pregnancy, or are there any restrictions your medical caregiver has recommended?

Do you have any allergies?

Do you take any medications that you want me to know about?

Do you have a special diet or any dietary restrictions?

Does anyone in your household smoke?

Is there anything you would like to share with me about your physical or emotional health related to your pregnancy and birth that you would like me to know so I can better support you?

Do you or your partner have family and/or friends involved in your birth plans?

Is there any information about your family and/or friends involved in the birth that you would like me to be aware of?

Do you have any spiritual or philosophical beliefs or customs that you would like to be honored and respected during the birth or postpartum?

What is most important to you regarding your upcoming birth? What are you hoping to experience?

Do you have any special concerns, fears, or circumstances you would like me to be aware of so that I can support you better? (Please be assured that anything you write to me is confidential and will not be shared with anyone; you may also talk to me about this part if you do not want to write it down.)

Where does most of your knowledge about childbirth and breastfeeding come from? What books have you read or films have you watched about these subjects that you feel have influenced you?

Are you taking a childbirth education course? Which one and when? \_\_\_\_\_

Are you taking a breastfeeding class? Where and when? \_\_\_\_\_

How confident are you feeling about your upcoming birth:

VERY CONFIDENT \_\_\_\_\_ CONFIDENT \_\_\_\_\_ SORT OF CONFIDENT \_\_\_\_\_ ANXIOUS \_\_\_\_\_

*For the Pregnant Mother:* What do you feel will be your strengths during labor/birth?

*For the Pregnant Mother:* What do you feel will be challenging for you during labor/birth?

*For the Pregnant Mother:* How do you usually deal with stress or pain?

*For the Partner/Support Person:* What do you feel will be your strengths during the labor/birth ?

*For the Partner/Support Person:* What do you feel will be most challenging for you during the labor/birth

*For the Partner/Support Person:* How do you typically respond when you see your partner stressed or in pain?

Are there any specific topics that you have questions about or would like to learn more?