



Thoughts about this Pregnancy and Birth

Please give some thought to the following questions and use a separate sheet of paper to answer. If your partner is involved, they should also answer the ones that apply. You can choose not to answer any of the questions; however your answers help us to give you more personalized care.

1. Why do you want to have your baby at home with midwives?
2. What do you see as the responsibility of your midwives throughout this process?
3. How are you feeling during this pregnancy in general?
4. How are you feeling about the changes happening in your body?
5. How is it going sexually during this pregnancy?
6. Identifying and addressing fears can help alleviate them. What are your fears about birth and specifically homebirth?
7. There are some things that can go wrong without previous warning during labor, birth and after. There are risks involved with childbirth, some of which will probably never be eradicated no matter what our state of technology. If you have a low risk pregnancy, the chances of unpredictable complications are low. However, if such complications arise, you or your baby might be at a greater risk because of being at home. There are also risks involved with having your baby in a hospital. If you opt for the set of risks involved in birthing at home, we recommend that you find out what they are and how they can be dealt with. Please comment on what you know about the risks and complications and how you feel about them.
8. How do you feel about going to the hospital if your midwives feel that complications are arising?
9. What is the response of your friends and family to your decision to have a homebirth?
10. Do you have a history of physical or sexual abuse? Because sometimes issues around past abuse can surface during pregnancy, birth and breastfeeding please share what feels relevant and comfortable.
11. Is there anything that you think would help make your prenatal experience more satisfying?
12. Is there anything else that you would like your midwives to know about you?
13. For those of you who have previously given birth, please tell us your birth story(ies).



Your Feelings and Intentions for This Birth

You will meet your baby soon! Please take some time to answer the following questions. If your partner is involved, they should answer the questions as well.

1. It is natural to experience some fear and apprehension as the time of labor and birth approach. It is important to express those fears as they come up. What are your fears at this point regarding all aspects of your experience? Star any that are more pressing or important to you.
2. What are the strengths you possess that you feel can carry you through the journey of transformation that birth can bring?
3. How is your support system? Are there needs that could be met by a person/persons in your community? Is there someone that you could designate to organize a phone tree and meal schedule for at least two weeks postpartum?
4. The best plan for a birth is to be open to how your individual experience unfolds. However, it can help make it even more special if you give some thought to what would be ideal, keeping in mind that it may not turn out just how you plan. Is there anything that would help to make your homebirth a more satisfying experience? For example: candles, music, ambiance, ceremony, catching your baby, water therapy, how your midwives work with you...
5. Is there anything else you'd like your midwives to know about you?