



## Questionnaire

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**Please answer the following questions in as much detail as possible on a separate piece of paper.**

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 impact has this pregnancy had on your relationship with your partner?
4. Do you have a regular exercise program? If not, how do you plan to make exercise a part of your life during pregnancy? Do you have difficulty with getting adequate sleep?
5. Have you ever been emotionally/physically or sexually abused? If so, what if any counseling have you done regarding this issue? How does this issue affect your life today?
6. Has the pregnancy raised issues of body image for you? Do you have any history of anorexia/bulimia?
7. How do you deal with challenging life situations? Can you think of life experiences that will help prepare you for giving birth? (physical, emotional, spiritual)
8. Discuss your reasons for choosing midwifery care.
9. Who are you planning to have at the birth, and what are your expectations of these support people?
10. What are your plans for working during the pregnancy, and when do you plan to start maternity leave?
11. Have you thought about what supports you will require in the early postpartum days? Please list who think could be available to assist you during that time.
12. Please list the expectations you have of your midwives.
13. Are there any spiritual/religious beliefs you hold that you would like us to know about?

### **Previous Pregnancies & Births**

1. Did you enjoy being pregnant?
2. Please describe your past labour(s) and birth(s). How did they start, any complications, etc.?
3. How did you feel postpartum? How long did you bleed for? Any breastfeeding problems? Depression?
4. What would you like to be different about this birth?
5. If you have other children, are you planning for them to attend the birth? How do you plan to prepare them for the experience? Who will be their support person?