



Wise Warrior Doula Services

Prenatal Questionnaire

Name: _____

Partner's Name: _____

(Please answer these questions to the extent you are comfortable. These questions are meant to provide information and understanding that will enhance our ability to work together. Both the expectant mother and her partner are encouraged to consider these questions.)

How has your pregnancy gone so far?

Who is your care provider, and how do you feel about his or her care?

Who do you turn to for support? How will these people help you as you add a new baby to your family?

Do you have any cultural or religious preferences pertinent to childbirth?

Please describe any previous pregnancies and birth experiences.

Have you had any life trauma that may impact your birth experience (physical, emotional, or sexual abuse, substance abuse, recent loss, etc.)?

How do you counteract stress? (reference checklist for comfort measures for labor wkst)

Who will be present at this birth, and what do you expect their roles to be?

Do you have a Birth Plan? If so, please share.

Do you have any strong concerns or fears about this birth?

How do you feel about medical procedures and interventions during labor and birth?

On a scale of 1 – 10, with 1 being “not at all” and 10 being “essential”, rate your comfort level of using pain medication for labor pain management.

If your rating is 8 or lower, how do you want me to respond if you ask for medications?

What are your preferences for pushing technique, and positions for pushing and delivery?

In the event of an unanticipated cesarean, what support would be most important to you?

What are your preferences for the care of your newborn?

Are you planning to breastfeed? Do you have any questions regarding breastfeeding?

Other Questions?

Draw your Ideal Birth (Optional for fun!)
*Artistic points are not awarded.

A large, empty rectangular box with rounded corners, intended for drawing an ideal birth scene. The box is outlined in black and occupies most of the page's vertical space.