

## Pacific Midwifery Practice

Please complete this questionnaire on a separate piece of paper, and bring it to your next prenatal visit.

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. How have you felt so far with this pregnancy?
4. What impact has this pregnancy had on your relationship with your partner?
5. 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?
6. Has the pregnancy raised issues of body image for you? Do you have any history of anorexia/ bulimia?
7. What are your plans for working during the pregnancy, and when do you plan to start maternity leave?
8. 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)
9. Are there any spiritual/religious beliefs you hold that you would like us to know about?
10. Childbearing sometimes raises intense memories and feelings, therefore, it would be helpful for me to understand your past history. Have you ever experienced physical or sexual mistreatment or abuse that you would be willing to share?
11. Is there anything in your family history that you feel might be useful to discuss with me?
12. Discuss your reasons for choosing midwifery care?
13. Please list the expectations you have of your midwives?
14. Who are you planning to have with you at the birth, and what are your expectations of these support people?

### PREVIOUS PREGNANCIES AND BIRTHS

1. Did you enjoy being pregnant?
2. Please describe your past labour(s) and births (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 to have them present at the birth? How do you plan to prepare them for the experience? Who will be their support person?

## MUM

Please tell me about your mother's obstetrical history:

1. How many pregnancies did she have?
2. How many live births did she have?
3. How long were her labours?
4. Did she have any complications?
5. What were the birth weights of your mother's babies?
6. Did she breastfeed any of her children? For how long?
7. How would you describe her attitudes about birth?

## DAD

1. What do you know of your mother's children experiences?
2. What were the weights of your mother's babies?
3. What are your particular ideas or wishes for this birth?