

Homebirth Preparation Questionnaire

Please complete the following questionnaire and send it in no later than one week before the class starts. Both the birthing person and class partner should fill out a *separate* questionnaire.

Name	Work/Profession
Preferred gender pronoun: He/Him She/Her They/Them Other:	
Do you have any medical conditions or injuries?	
Will you have a class partner? <input type="checkbox"/> YES <input type="checkbox"/> NO If so, is this an intimate partner: <input type="checkbox"/> YES <input type="checkbox"/> NO	
Do you know the sex of the baby? <input type="checkbox"/> Male <input type="checkbox"/> Female <input type="checkbox"/> Surprise	
<input type="checkbox"/> Yes, I have begun <i>Ina May's Guide to Childbirth</i> (Can access via our lending library, if needed.) <input type="checkbox"/> Yes, I will have completed <i>Ina Mays Guide to Childbirth</i> before class starts	
What do you want to get from this class?	
Any fears/concerns about taking this class? Any relationship concerns that could effect you in class?	
Describe your ideal birth experience in a few words or sentences.	
What are you most looking forward to about the birth (besides meeting your baby of course)? Why are you interested in having home birth?	
How do you want to feel during and after the birth?	
How do you want your baby to feel during and after the birth?	
What are your fears about the birth? What are your fears about giving birth at home or having to transfer and give birth in a hospital?	
What strengths do you have that you are looking forward to using during the birth?	

Are any family or friends going to be at the birth or with you during <i>early</i> labor?
Do you know about the benefits of both birth and postpartum doula care? Will you have one?
Is there anything about your partner that you want me to know?
How do you think your partner will handle the birth?
Was this pregnancy planned? If so, how long did it take you to conceive? Did you use any medical assistance in conceiving? If not, was it a difficult decision to continue with the pregnancy?
What are you most looking forward to about being a parent?
What kind of support do you have after the baby is born?
<i>Are you aware of the general recommendation for the birthing parent to “lay-in” for 30 days? This means the birthing parent cannot contribute to daily activities for 30 days, and lays-in bed with the newborn who’s sole purpose is to nurse the baby, sleep and get fed. This requires LOTS of support, and often requires planning and using extended support networks. Please consider talking to your care provider about this and start making arrangements.</i>
Do you have any concerns about the birthing person’s ability to nurse the baby?
Are you aware there’s a one-day Newborn Preparation class and that this is MORE important to take than the childbirth preparation class? Please <i>seriously</i> consider signing up for this class or another’s if you haven’t already!
Are you taking any other classes?
<input type="checkbox"/> I am aware that classes may be cancelled with only a few hours notice due to Esther’s need to attend a birth.
<input type="checkbox"/> I am aware a makeup class, should class be cancelled, may or may not be on a day that I can attend. It will be held on the day that the most number of class participants can attend.
Do you have any questions you would like answered in the class, which you would not feel comfortable asking in front of the group?
Anything else you would like me to know?

After you’ve taken the class, if you have any concerns, limiting thoughts, fears, issues or past experiences that may stand in your way of having the kind of birth you want, please consider contacting me and we can strategize what may be helpful.