

The Lady's Hands Doula Service

Client Birth History

Please fill out as much information as you are comfortable with. But, keep in mind that the more information that I have about your history the more I will be able to help you during this birth.

1. Please describe any previous hospital experience that you have had (problems with staff, unable to get information, etc).
2. What is your level of trust in your care provider and the medical system?
3. Have you had any physical problems / complications with this pregnancy?
4. How are you feeling about this birth?
5. Do you have any specific needs before this birth?
6. Please describe your life style (E.I. exercise, diet, alcohol, med. etc.)

7. Please describe your partners experiences with birth if any.

8. Please tell me about your previous birth experiences. If you have no previous birth experience Please stop here.

9. When did labor begin?

10. How did you cope?

11. What was the best thing about the experience?

12. What elements do you hope to avoid this time?