

The Lady's Hands Doula Service

Postpartum Questionnaire

Thank you for asking me to be part of your birth experience! I find being a Doula is one of the most fulfilling areas of my life. A portion of the way that I refine my skills are by asking parents to fill out this questionnaire. Please try to fill it out and return it to me two to four weeks after your child's birthday. Also please be as honest as you are comfortable with I will not be offended by any of this information it is strictly a learning tool for me to better my services. If you need more room for your answers please use the back of the pages, I appreciate your efforts with this!

- 1) What helped you emotionally during your birth?

- 2) What helped you physically?

- 3) Is there anything that I did that annoyed you or anything that you would like me to do differently?

- 4) How does your labor and birth experience compare with your expectations of what it would be like?

- 5) How has it been to make the adjustment to parenthood?

- 6) If you are breast feeding how is it going? How does your partner feel about breast feeding?

- 7) Is there anything that you wish you had known or done that would have made breast feeding easier?

8) Do you have any comments or suggestions of ways that I can improve my services?

9) Is there anything else that you would like to share about your birth experiences?

10) Potential clients frequently ask to speak with others who have used my services, Could I give them your name and phone number as a reference?

11) Was the informational packet that you received helpful? In what way?

12) Were the prenatal visits beneficial to you? Why?

13) As your Doula was I easily accessible before labor began? After labor started?

14) What were my strongest points during labor?

15) Was I a support to your partner and the rest of your birth team? Why?

16) To you what was the greatest benefit of having me attend your birth?

17) Would you use my services again if you were to have another baby?

18) Did you feel the fee was fair?

19) As your Doula was I understanding and comfortable to be around?

20) Did I show enthusiasm, sensitivity and respect for the hospital staff?

21) Was I familiar with your birth plan and was I supportive of it?

22) Did I respond and adapt well to the childbirth methods that you used during labor and birth?

23) Did I respect your right to accept or reject suggestions made by myself or the hospital staff?

24) After the baby was born, did I stay for the appropriate amount of time?

25) Would you recommend my Doula services to your pregnant relatives and friends? Why or why not?

26) Was I available to answer your questions either by phone or in person after your baby's birth?

27) If you choose to breast feed your baby was I helpful to you in initiating breast feeding? How?

Please feel free to add any other comments to this form that you would like me to know about.

Thank you for taking the time to fill out this important questionnaire, It will help me

serve future clients.

Sue Blevons CD (DONA) CLD (CAPPA)
The Lady's Hands Doula Service.