

Pregnancy Interview

1. When is your babies due date?

2. How have you been feeling during your pregnancy?

3. Are you experiencing any symptoms or health conditions during your pregnancy?

4. How is your relationship with the baby's father? Do you have time together? Do you feel connected and supported?

5. How do you feel about your baby? Have you been able to connect with your baby in the womb?

6. Do you get regular exercise, what kind, how often?

7. Do you have a yoga, meditation practice?

8. Do you have any particular food cravings or food limitations / sensitivities?

9. What are your bowel movements like? How often do you go? What is the consistency like? (well formed, soft, loose, hard)

10. Did you have any preexisting particular health concerns before your pregnancy?

11. Who is your birth provider? Are you working with a doula, midwife, doctor?

12. Where do you plan to give birth, home, birthing center, hospital?

13. How do you feel about your upcoming labor?

14. Are you taking a birth preparation class? Do you have a birth plan?

15. Have you thought about your postpartum window? Do you have plans in place for support during postpartum, after the baby is born?

16. Do you have a network of community support? Supportive family and/or friends nearby?

17. Anything else you would like to share with me today?