

Shelley's Belleys Birth Support Pregnancy Questions

Name: _____ DOB: _____

Address: _____

Email Address: _____

Main Contact Number: _____

Partner's Name: _____ Number: _____

Estimated Due Date: _____

Location of Birth: _____

Care Provider: _____ First Birth with this Care Provider? Y/N

Past Birth Experiences Pregnancies: _____ Miscarriages & Losses: _____

Past Pregnancy(ies) History:

Your satisfaction with past birth experiences: 1 2 3 4 5

Name of Child(ren)/Date of Birth/Length of Labor(s):

Pain Management Techniques Used:

What are some of the most important things to you for your birth experience?

What are some of the most important things that I can do for you during your birth?

Shelley's Belleys Birth Support Getting to know You

Tell me about this pregnancy and your baby.

Tell me about your previous births (if any). What do you want to be different for this birth?

Tell me about your expectations for this birth experience.

Are there any fears that are on your mind or you feel you can't shake? What concerns do you have about your birth?

During labor, what do you foresee your needs being (encouragement, support, peacefulness, orderliness, etc.)?

Is there anything you can foresee as being stressors during labor, and what is your plan for those? (MIL, children, outside factors, etc.)

Do you feel prepared and if not, what do you need to make you feel more prepared?

What types of relaxation and breathing techniques have you learned in childbirth classes that you felt worked well for you?

What can your partner do to comfort you or best support you?

How involved do you imagine your partner being?

Do you feel you have been able to communicate clearly with your care providers about what type of birth you desire, and do you feel supported by them?

Have you written or thought through a birth plan?

Do you have any religious or cultural beliefs I should be aware of?

Breastfeeding

What information do you have on breastfeeding?

Where do you feel your commitment to breastfeeding is? What would make you want to stop?

Do you have a breastfeeding support team if your commitment to making it work is really strong?

Postpartum

Who will be helping you after the birth?

How do you feel about having a newborn?

Do you have a support team for when things feel overwhelming?

How can your partner really support you during the postpartum time?

Shelley's Belleys Birth Support Health History

Name: _____

Medical History

___ Asthma

___ Diabetes

___ Rh Factor

___ Herpes

___ Cancer

___ HIV

___ Eating Disorders

___ Anemia

___ Bladder/Kidney infection

___ Hypertension/PIH

___ Allergies

___ Surgery on Cervix/When?

Psychological History

___ Fears

___ Pain Tolerance

___ Medical trauma

___ Panic Attacks

___ Abuse (sexual, mental or physical)

___ Depression

___ Bipolar

___ Obsessive/Compulsive

Current Health Info:

How is your diet? Any special diets?

Doing any regular exercise?

Smoking or drug or alcohol use?

Taking any Prescription Medications?

Taking any OTC Medications?

Taking any Vitamin Supplements?

Using Herbal remedies or essential oils?

Seeing any other practitioners? (Chiro, Massage therapists, acupuncturists, etc.)

Contacting Your Doula

After 37 weeks, please contact me after each prenatal appointment to update me on any new changes and to let me know if your care provider had anything new to say.

Call me any time you have questions or concerns. If you are in labor or think you might be in labor, call me so we can talk and evaluate what's going on and I can make some suggestions to you to help you determine if it's true early labor.

If it's the middle of the night, and you're able to handle the contractions easily, try to slow your labor by drinking a large glass of water and getting into a warm bath for a while, and then try to sleep between contractions. If you can fall asleep, even between contractions, that is the best thing to do. It may be your last opportunity to sleep for a long time so we want to take advantage of it. However, if the contractions require your attention and you're unable to talk through them, please call me so that your ring tone will wake me.

I like to be in constant contact during early labor. The more prepared I am to come to you, the faster I can get to you. Please make sure to have my number handy so you can get a hold of me, and please make sure your partner has my number in case you are not able to call me.

To help me insure my presence at your delivery, please notify me of an induction or scheduled cesarean before it is scheduled with the labor and delivery department, unless it is an urgent medically necessary decision. I work very hard to be available to you at all times, but I also attend other births, so advanced notice of a scheduled birth helps ensure I am readily available to attend your birth.

If you are induced, we will discuss what type of induction is being done and when it would be best for me to join you in labor. Sometimes when induction occurs, it may take many hours before a mom begins having active labor contractions, which is when I would want to join you.

If a scheduled cesarean is needed, we can discuss when you would like for me to be there to support you. I can either attend the cesarean with you (based on hospital policy) or I can join you in recovery to help you begin to breastfeed, take pictures and get you settled in with your new baby.

Praying daily for you as you prepare and wait!

Shelley Williams
The Salty Doula/Shelley's Belleys Birth Support

Shelley's Belleys Birth Support Doula Fee

This has been the most difficult part of my doula business because I have such a difficult time charging moms for something I love to do. That said, I don't have a set fee or require a deposit. Everyone's budget is different, and since doulas aren't covered by insurance companies, I want to be sensitive to that as well. You have plenty of birth expenses already so I don't want to add any financial stress during your pregnancy.

After you give birth and have your sweet baby in your arms and get settled at home, discuss your birth experience with your partner and decide together what my services have been worth to you. Because I am available 24/7 during your pregnancy, labor, and for a time after your delivery, I consider myself "on call" and must be ready at a moment's notice, no matter what time of day and no matter how long your birth experience takes, so any compensation you can afford to give to me is very much appreciated.

I consider it an honor that you would invite me to walk with you through one of the most exciting and important journeys in your lifetime.

Thank you in advance!

Shelley Williams

Shelley's Belleys Birth Support