

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

How did you hear about Shelley's Belleys Birth Support?

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Birth History

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?

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Getting to know You

Tell me about this pregnancy and your baby.

Do you know your baby's gender?

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?

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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 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?

Have you written or thought through a birth plan?

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

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Breastfeeding & Postpartum

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?

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?

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Health History

Medical History:

Asthma Diabetes Rh Factor Herpes Cancer HIV
 Eating Disorders Anemia Bladder/Kidney infection
 Hypertension/PIH Allergies Surgery on Cervix

Psychological History:

Fears Pain Tolerance Medical trauma Panic Attacks
 Abuse (sexual, mental or physical) Depression Bipolar OCD

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?

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Using Herbal remedies or essential oils?

Seeing any other practitioners?

Contacting Your Doula

Please call or text your doula anytime you have questions or concerns during your pregnancy. We are available through the phone 24/7.

After 36 weeks, please contact your doula after each prenatal appointment to update her on any new changes and to let her know if your care provider had anything new to say.

When you are noticing any signs of labor or aren't sure if you are in early labor please let your doula know. 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.

We like to be in constant contact during early labor. The more prepared we are to come to you the faster we can get to you when you need support. Please make sure your partner has your doula's cell number in case you aren't able to communicate.

To help insure our presence at your birth, if possible please notify us of an induction or scheduled cesarean before it is scheduled unless it is an urgent medically necessary decision so that we can be ready for you when you need support.

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

If a scheduled cesarean is needed, we can either attend the cesarean with you (based on hospital policy) or we can join you in recovery to help you begin to breastfeed, take pictures and get you settled in with your new baby.

Doula Mission & Fees

Shelley's Belleys Birth Support is a Christ-centered doula collective dedicated to nurturing, uplifting, and compassionately supporting all women before, during, and after birth, no matter their beliefs or background. Through a sustainable pay-what-you-can model, we ensure every mother receives excellent, faith-filled care while honoring the calling, wellbeing, and livelihood of the doulas serving them.

Everyone's budget is different and since doulas aren't covered by insurance companies we want to be sensitive to that as well. You have plenty of birth expenses already in preparation to meet your sweet baby so we don't want to add any financial stress during your pregnancy. We believe every mother deserves a doula!

When you decide to book your birth with one of our doulas we ask kindly that you pay her a \$300 deposit and then after your sweet baby is born she will follow-up with you and schedule a postpartum visit to check on you and to see how you are doing, and if you have any questions or need to process anything about your birth experience, if you need any resources for breastfeeding, pelvic floor therapy, etc. At this postpartum visit you would then pay your doula whatever you can afford according to your budget and according to how your birth went.

We consider it an honor that you would invite us to walk with you through one of the most important and intimate journeys in your lifetime.

Blessings on your birth!

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Client Agreement & Signature

I acknowledge that I have read and understand the information provided in this intake form and agree to the terms of services outlined by Shelley's Belleys Birth Support.

Client Name: _____

Signature: _____

Date: _____

Partner Name (if applicable): _____

Partner Signature: _____

Date: _____

We are honored to walk alongside you during this sacred journey.

Blessings,