



## Pregnancy Questionnaire

To help us better understand your needs during pregnancy and birth, we are requesting that you answer the following confidential questionnaire, sharing as much detail as possible. Use a separate piece of paper.

1. Were you planning this pregnancy?
2. How do you and your partner feel about being pregnant?
3. Has this pregnancy impacted on your relationship?
4. Has this pregnancy impacted on your life plans (eg. Career, travel)?
5. What are your lifestyle challenges (eg. Good nutrition, getting enough exercise or rest, quitting smoking, staying away from alcohol and drugs)? How do you plan to work on these challenges in pregnancy?
6. Have you ever been physically or sexually abused? Have you received therapy and counselling for this? Does this issue affect your life now and if so, how?
7. Do you have body image issues or a history of eating disorders? How do these issues affect your life?
8. What were the reasons you chose midwifery care?
9. What expectations do you have of your midwives?
10. What qualities are most important to you in a midwife?
11. Do you have spiritual beliefs or life philosophies that are important for your midwives to know about?
12. Please write out a postpartum support plan. Who will be available to help you?
13. If you have had a previous birth, what were your greatest challenges during the pregnancy, labour, birth and postpartum? What would you like to do differently or change this pregnancy? What could your midwives do to help you with this?
14. Do you have any particular fears about being pregnant or giving birth?
15. If you have other children, what are you doing to prepare them for the birth? Do you plan to have them involved in the birth and if so, how? Who will be their support person?