



BIRTH PLAN QUESTIONNAIRE

When in pain how do you comfort yourself?

When stressed out how do you relax?

Is there anything you absolutely want to experience in labor?

Anything you want to avoid?

What should we NOT do or say?

How would you like me to help you in labor?

How do you envision your doula supporting you?

How was your mother's birth?

What have you heard of labor?

How was your previous labor(s)?

Did you take any CBE classes?

Any religious or cultural traditions I should be aware of?

Have you seen any childbirth films?

Have any favorite books?

Do you have older children that you want to have present at the birth?

Epidural?

Pain relief?

Photography or video planned?

Specifics?

BABY

Do you have a doctor for your baby?

Boy or Girl?

How do you plan to feed your baby?
Formula _____ Breastfeed _____ Both _____

If a boy, do you plan to circumcise?

If you plan to breastfeed, for how long do you desire?