

# PREPARING FOR YOUR BIRTH

## CLIENT INTAKE FORM

*Birth can bring up excitement, uncertainty, hope and vulnerability, sometimes all at once. This form is a way for me to begin listening to you before we connect. There are no right or wrong answers.*

**Name** .....

**Email address** .....

**Phone number** .....

**Address** .....

**What is your EDD (expected date of delivery)?** .....

**Where is the intended place of birth?**      Birth Center / Hospital / Home

**Who is/are your care provider(s)?**

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**Are there any health concerns that you are facing this pregnancy?**

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### **Your Birth Vision**

When you imagine your birth experience, what feels most important to you?

Examples might include feeling calm, supported, informed, empowered, or peaceful.

Write a few words or phrases:

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.....

**Your Support System**

Who will be present during your labor and birth?

Partner/support person:

.....

Other support people:

.....

What helps you feel most supported during stressful moments?

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**Comfort and Coping**

Have you thought about ways you might cope with labor sensations?

Which of the following appeal to you?

- Movement and walking
- Breathing techniques
- Massage or counterpressure
- Water (shower or bath)
- Quiet and dim lighting
- Encouraging words or coaching

Anything else that helps you relax?

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**Pain Management Thoughts**

Everyone approaches this differently.

What feels most aligned with you right now?

- Hoping for an unmedicated birth
- Open to medication if needed
- Planning for an epidural
- Still unsure

Questions or concerns about pain management:

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**Communication Preferences**

How do you prefer to receive information from your care team?

- Simple explanations
- Time to ask questions
- Being actively involved in decisions
- Partner helping ask questions

**After the Baby Arrives**

What feels most important in the first moments after birth?

Examples:

- Skin-to-skin time
- Quiet bonding time
- Partner involvement
- Early feeding

Your thoughts:

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**Questions for Our Prenatal Visit**

Use this space to write anything you want to discuss.

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I understand that the answers I have provided and the information disclosed are confidential and secure. My information will never be shared with third parties.

Signature.....

Date .....