



Cindy Jurado Doula

BIRTH, POSTPARTUM &
BREASTFEEDING SUPPORT

Mothering the mother - Supporting the Family

Getting To Know You Questions

1. Experience with birth/newborn care?
2. What classes have taken?
3. What are your overriding concerns?
(ppdepression, breastfeeding, care of siblings, sleep, time with other children, etc.)
4. Mom's routine - What's important to you? *(shower, newspaper, computer time, walk, etc.)*
5. Partner's home from work routine - what do you need to do to unwind?
6. Talk about other children *(likes/dislikes, distractibilities)*
7. Food allergies / family allergies / food likes or dislikes
8. Care of family pets?
9. Family Ins and Outs (anything I need to know about the family? Crazy Aunt Gladys? Who do I call first? Is there anyone to bring in/keep out?)
10. Extended Family *(Grandma's Name, etc)*

11. Households Ins and Outs *(How to use the washing machine? Toilet that runs without giggling handle?)*

