



Childbirth Concierge: A service provided by the midwives of MothertoMother Midwifery

Homepage: mothertomothermidwifery.com | Address: 1816 Howard Ave San Diego 92103 | Phone: 619-220-8189

My New Pregnancy: A planning worksheet



Personal

Name _____

Address _____

Phone number _____

Email _____

May we add you to our email list?

Yes

No

Due Date _____

Type of Insurance _____

Profession _____

What number child is this for you? _____



Support System

How long have you lived in San Diego?

Do you have family in San Diego?
 Yes _____
 No _____

Do you have friends with children in San Diego?
 Yes _____
 No _____

How far are you willing to drive for appointments?

<2 miles

3-5 miles

6-10 miles

10+ miles



Place of Birth and Provider

Do you currently have a doctor or midwife and who is it?

- Yes _____
 No _____

Where do you prefer to give birth?

- Home
 Birth Center
 Hospital
 Not sure

How do you feel about hospitals?

Do you prefer a doctor or midwife as your care giver?

- Doctor
 Midwife

If doctor, do you prefer a male or female?

- Male
 Female

Do you wish to give birth with anesthesia or naturally?

- Anesthesia
 Naturally

Do you prefer to have a vaginal birth or cesarean?

- Vaginal birth
 Cesarean birth

Are you interested in a waterbirth?

- Yes
 No

Do you have any pregnancy risk factors and which are they?

- Yes _____
 No _____

Do you know how you were born?

- Yes _____
 No _____

How do you envision your birth?

When you envision yourself in labor, where do you picture yourself and what are you doing?



Placenta

What would you like to do with your placenta?



Prenatal Work Out Program

What's your favorite kind of work out?

Do you like to exercise?

Yes _____
 No _____

What is your favorite time of day to work out?

Do you like....

Walking?	Yoga?	Pilates?	Swimming?	Weights?
<input type="checkbox"/> Yes	<input type="checkbox"/> Yes	<input type="checkbox"/> Yes	<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
<input type="checkbox"/> No	<input type="checkbox"/> No	<input type="checkbox"/> No	<input type="checkbox"/> No	<input type="checkbox"/> No

Who do you see for body/mind/spirit care/ Please list their full name and business.

Strength Coach/Trainer _____

Massage Therapist _____

Acupuncturist _____

Chiropractor _____

Physical Therapist _____

Therapist/Psychologist _____

Other _____

What activities are you currently participating in?

<input type="checkbox"/> Walking	<input type="checkbox"/> Weight Lifting
<input type="checkbox"/> Running	<input type="checkbox"/> Swimming
<input type="checkbox"/> Yoga	<input type="checkbox"/> Other _____
<input type="checkbox"/> Pilates	

What activities would you like to do more of if you had expert guidance during pregnancy?

What is your favorite time of day to exercise?

Did you know a combination of movement such as weight lifting + swimming + yoga excellently prepares your body and mind for the psychological changes of pregnancy and prepares you for the hard work of labor and motherhood? If you're interested in starting or continuing a prenatal fitness/wellness routine and you don't know what's best, where to go, or have questions, receive support from our prenatal [wellness or fitness] coordinator/concierge.

Yes, please contact me!
 No, I don't need prenatal wellness guidance.



Doula

Who will be with you when you give birth?

Do you plan to have a doula?

- Yes
- No

Would you like an outgoing or a quiet doula?

- Outgoing doula
- Quiet doula

Do you prefer a mature, mother figure doula or a younger, sister like doula?

- Mature doula
- Younger doula

Will you have support after the baby's born?

- Yes
 - No
-



Baby

Do you already have a pediatrician or baby doctor?

- Yes
- No

Do you plan to breastfeed or bottlefeed?

- Breastfeed
- Bottlefeed

Do you plan to use cloth diapers or disposal diapers?

- Cloth diapers
- Disposal diapers

Are you interested in an alternative or conventional pediatrician?

- Alternative
- Conventional



Childbirth Classes

Do you plan to take childbirth classes?

- Yes
- No

What do you hope to learn from them?

Do you learn best by doing or by reading and listening?

- Doing
- Reading and listening

Do you consider yourself more creative or analytical?

- Creative
- Analytical

Is your partner the creative type or the analytical type?

- Creative
- Analytical



Do you have any special concerns?

- Yes
- No
