

BIRTHING NATURALLY

## Previous Birth Questionnaire

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This worksheet is designed to help you prepare for the upcoming birth by working through your previous birth experience. By answering these questions, you should become more aware of areas of importance to you. Make your answers as short or as long as necessary, using a separate sheet of paper. You may find it helpful to answer the questions quickly then come back to the questions a few days later to answer them more in depth.

1. Describe your previous labor.
  
2. What do you feel went right?
  
3. What do you feel went wrong?
  
4. What now seems to be unclear, or doesn't make sense?
  
5. Do you feel you had adequate pain relief?
  
6. Do you feel you had adequate time to make decisions regarding unexpected situations?
  
7. What were your emotional reactions during the labor?
  
8. How soon did you see, hold and nurse your baby?
  
9. Were you and your baby healthy?
  
10. How do you feel about your recovery in the hospital and at home?
  
11. What are you doing to help ensure this labor is different?
  
12. How do you feel as you look forward to your baby's birth?