

Midwifery at "The Group"

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Celebrate the miracle of Birth, your way!

As Nurse-Midwives, we understand that every woman and her partner desire a healthy Baby and Mom. We want to work together towards your personal goals for your birth experience.

We encourage you to reflect inwardly as you answer these questions. At your Birth Preparation visit we will gladly discuss any issues of importance with you and your partner. The purpose of these questions is multi-fold:

- *Explore personal approach towards and expectations of childbirth
- *Open communication between patient, providers, and hospital staff
- *Discuss providers' philosophy of practice and approach to birth
- *Plan your labor team / support persons
- * Increase awareness of hospital care, facilities, and technologies available

****Please complete and bring to your Birth Preparation visit****

Please check your birth preparation plans / interests:

- | | |
|--|---|
| <input type="checkbox"/> Lamaze, Bradley, Birthing from Within classes | |
| <input type="checkbox"/> Reading books / literature | <input type="checkbox"/> Prenatal Massage |
| <input type="checkbox"/> Visualization | <input type="checkbox"/> Hydrotherapy |
| <input type="checkbox"/> Hypnobirthing | <input type="checkbox"/> Special Diet |
| <input type="checkbox"/> Vocalization | <input type="checkbox"/> Exercise |
| <input type="checkbox"/> Aromatherapy | <input type="checkbox"/> Humor |

Or list below:

INFANT CARE

Do you plan to breast or bottle feed?

Have you breast fed before?

If so, how long?

Did you have problems?

Name of Pediatrician:

Do you plan to circumcise the baby if it is male?

Questions / issues related to infant care:

Pacifiers Vitamin K injection Erythromycin ointment

AT THE BIRTH

My top three priorities for this birth are:

My vision of labor and birth of this child is:

What concerns or fears do you have about labor and birth?

My partner's hopes and fears of the labor and birth:

How do you see the Nurse-Midwife's role in your labor and birth?

For me, the best approach to pain relief is:

Family and Friends to be with you for emotional support and well-being:

Name	Relation to You	Present during Labor?	Birth?
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Special requests:

(rituals, blessings, photos during labor and/or birth, footprints on a special shirt or object)

If you have had a baby before, please write about the positive and negative experiences of that birth:

AFTER THE BIRTH

How long do you wish to stay after the birth?

Do you plan to return to work? If so, how long after delivery?

What support do you have for the first weeks after delivery?

What are your plans for contraception?