



CBE Questionnaire

Please complete the following questionnaire and send it in two weeks before the class starts.
Both mom and partner should fill out a separate questionnaire.

Name	Work/Profession
How long have you and your partner been together?	
Do you have any medical conditions or injuries?	
Do you know if you are having a boy or girl?	
What do you want to get from this class?	
☐ Yes, I have begun Ina May's Guide to Childbirth ☐ Yes, I will have completed Ina Mays Guide to Childbirth before class starts	
Describe your ideal birth experience in a few words or sentences.	
What are you most looking forward to about the birth (besides meeting your baby of course)?	
How do you want to feel during and after the birth?	
How do you want your baby to feel during and after the birth?	
Why are you interested in having home birth?	
What are your fears about the birth? What are your fears about giving birth at home or having to transfer and give birth in a hospital?	
What strengths do you have that you are looking forward to using during the birth?	

Are any family, friends, or a doula going to be at the birth or with you during early labor?
Do you know about the benefits of both birth and postpartum doula care?
Is there anything about your partner that you want me to know?
How do you think your partner will handle the birth?
Was this pregnancy planned? If so, how long did it take you to conceive? Did you use any medical assistance in conceiving? If not, was it a difficult decision to continue with the pregnancy?
What are you most looking forward to about being a parent?
What kind of support do you have after the baby is born?
Do you have any concerns about mom's ability to breastfeed?
Are you taking any other classes?
☐ I am aware that classes may be cancelled with only a few hours notice due to Esther's need to attend a birth.
☐ I have you noted the "Save the date" makeup class on your calendar (The date is listed on the registration and agreement form that you filled out and mailed to me with your payment)?
Do you have any questions you would like answered in the class, which you would not feel comfortable asking in front of the group?
Anything else you would like me to know?
After you've taken the class, if you have any concerns, limiting thoughts, fears, issues or past experiences that may stand in your way of having the kind of birth you want, please consider contacting me and we can strategize what may be helpful.