

6. Do you see an elder, traditional healer, naturopath, homeopath or herbalist? Are you planning to use any herbal or homeopathic remedies or treatments?
7. Where are you planning to have your baby, and what are your reasons for this choice?
8. Are there any particular wishes, ideas or plans you have for your birth?
9. Who would you like to be with you when you give birth? Do they have any particular questions or wishes they would like us to know about?
10. Are there any cultural traditions or teachings you would like to include at your birth (for instance, ceremony, prayer, herbs, plans for the placenta or umbilical cord, smudging, drumming, introducing the baby)? Are you interested in learning more about this?
11. It can be important to talk about your fears or concerns and to work through them before having a baby. Do you have any fears about the pregnancy or birth?

12. Do your partner, support people or friends have any fears about the birth that might affect your experience?
13. Have you ever been physically or sexually assaulted/ abused?
 - a. Is your partner/ family aware of this information?
 - b. How do you see this experience affecting you now as you prepare to give birth?
 - c. Are there things that you would like to explain or have us be especially sensitive to?
14. Who do you plan to have with you to help you after the birth?
15. Are you planning to breastfeed? Are your family and friends supportive of this choice? Do you have any particular concerns about breastfeeding?
16. Do you have any particular worries about postpartum depression?

17. Are there any difficult experiences you have had in the hospital or with medical care that you would like us to know about?
18. Do you have any directions for us about presenting your family to other health care workers?
19. If you have previously given birth,
 - a. How did your labour start?
 - b. What did you do during your labour?
 - c. What happened during the birth? Were there any problems?
 - d. Did you or your baby have any problems after the birth?
 - e. How was the time right after your baby was born?
 - f. What would you like to be the same or different this time?
 - g. What are your plans for your other children when you are in labour? During the birth? If an emergency or change in birthplace is necessary? For the first few days postpartum?
20. Are there any other pieces of information you would like to share with us that we have not already asked about?