

My name is

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My support person during labour and delivery is

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My previous experiences about pregnancy and childbirth:

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How has this pregnancy been:

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My wishes concerning this labour and delivery (eg. pain relief, water birth):

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Are there any fears or worries concerning labour and delivery:

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I would like guidance and support in these matters during baby's first days:

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Other things I would like my midwife to know:

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Cultural, religious or other factors that need to be taken into account during my care:

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Allergies and dietary restrictions:

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