



Preconception Wellness:

In the first twelve weeks of life in the womb, a child develops all major systems--the foundation for a lifetime of health and well-being. This means that your pre-pregnancy health is the determining baseline for the resources that your child will draw from in those first weeks of life. Planning your conception, nurturing your fertility and preparing for pregnancy is perhaps the greatest gift of love you can give yourself, your child and your partner. It embodies body, mind and spirit. This questionnaire will assist us in knowing where you are today. Please have both partners complete if available.

Spiritual Well Being:

What is your religious faith/spiritual practice?

How does your faith impact your desire for a child?

Are there any rules/rituals in your faith that support parenting/family/childbirth?

How will having a child support your spiritual growth? How will pregnancy?

What spiritual practices have you implemented to attract your child's being to you?

Additional Notes:

Mental Well Being:

Describe your current lifestyle. Is it stressful? Relaxed? Well balanced?

What changes do you anticipate a child will make in your lifestyle?

Describe your birth family's view of pregnancy? Childbirth?

Describe your "ideal family"-maybe a family you know, or something you wished your family would have been like growing up?

What are you doing to make room for baby in your life?

How do you view pregnancy and birth?

What books/articles/research have you read about pregnancy& parenting?

Add'l notes:

Emotional Well Being:

Do you feel ready to have a child/be a parent?

If you were pregnant right now, how would you feel?

How do you think your partner feels about being a parent, readiness for pregnancy?

How stable is your relationship with your partner?

What are the emotional strengths of your partnership/marriage?

What weaknesses in your partnership/marriage?

If you could have one wish, what you like to be resolved before you got pregnant?

What was your childhood like for you emotionally (happy, sad, loving, fearful)?

What is your view of your partners childhood? (happy, sad, loving, fearful)?

Have you had any physical or emotional abuse in your life? If so, how do you cope with it? How have you healed it?

Body Well Being:

What have you done to prepare your body for pregnancy?

Do you think you are fertile? How much so? Why?

Do you have a lot of stress in your life/body? What are your coping mechanisms for stress?

What is your exercise routine?

Do you have any physical complications/conditions? (see below)

Do you take drugs, use alcohol, smoke or have any risk factors for sexually transmitted diseases (multiple partners, unprotected sex with a IV drug user, unprotected sex with a partner who has an STD).

What forms of birth control are you using now/in the past?

Social Well Being:

How is pregnancy/birth/parenthood going to affect your social life? Positive/Negative?

How do you think your friends/family will react to your pregnancy?

Do you feel financially ready to support a child and the change in lifestyle?

Nutritional wellbeing: How would you describe your diet?

- vegetarian vegan mostly organic
- red meat poultry fish
- grains
- processed foods (as seen on grocery store shelves)
- snack foods (junk food!)
- caffeine, _____ per week
- alcohol _____ per week
- sugar _____ per week

Describe an average meal for you (we all have the “easy comfort meal”).

Medical History of Woman and Her Partner:

Drug allergies: _____
Current medications: _____
Medical problems: _____
Ex. Diabetes, High Blood Pressure, STD’s.

Surgical history:

Have you even had: abdominal surgery/pelvic surgery/breast enlargement/reduction? Please name all that apply.

Pregnancy History:

Number of pregnancies: _____
Mode(s) of delivery: _____
Location (Home/Birth Center/Hospital): _____
Labor complications: _____
History of miscarriage or elective abortion: _____

Family Medical History:

Does your family have a history of any of the following conditions?

- Diabetes
- Hypertension
- DES exposure
- Thyroid disorders

- Tuberculosis
- Seizure disorders
- Blood disorders
- Twins or other multiples
- Birth defects
- Mental retardation
- Genetic Disorders

Additional Comments