

Postpartum Needs Questionnaire

Mother's name _____ Age _____ Due Date _____
Father's/Partner's name _____ Referral Source: _____
Sibling names/ages _____

Home Phone _____ Work phone _____

Address _____

Hospital/Birth Center _____ Baby's Gender (if known) _____

OB/Midwife _____ Baby's Doctor _____

Will a family member or friend be home with you to help after the baby is born? _____
If so, who, and for how long? _____

How long do you anticipate wanting postpartum doula support?
Number of days per week _____ Number of weeks _____

What are your main reasons for choosing to have a postpartum doula? (Circle three)

Instruction in infant care	Breastfeeding help
Getting my naps	Emotional Support
Reassurance	Sibling care
Household help	Physical comfort measures
Extra pair of hands	

Have you had any complications with this pregnancy? Please describe: _____

Have you had any previous complications with fertility, reproductive health, pregnancy or postpartum? Please describe: _____

Have you had any stressful events, losses or major life changes in the last year? Please describe: _____

Please check any classes you have taken in preparation for postpartum
___ infant care ___ childbirth preparation ___ breastfeeding ___ infant CPR ___ other

Have you cared for a baby recently? _____

What books on infant care, breastfeeding or postpartum have you read? _____

Does your family have any particular cultural or religious traditions that I should know about? _____

Does your family have any particular style of cooking or special dietary needs? _____

How will your baby be fed? _____ breastmilk _____ formula _____ combination

Would you like help or support with feeding your baby? _____

Please rate how important you anticipate the following will be in your postpartum care:

	Not at all important			Very important	
	1	2	3	4	5
Postpartum comfort measures	1	2	3	4	5
Family's basic needs (food, drink)	1	2	3	4	5
Holding baby	1	2	3	4	5
Infant care guidance	1	2	3	4	5
Help feeding baby	1	2	3	4	5
Household help	1	2	3	4	5
Emotional support	1	2	3	4	5
Sibling care	1	2	3	4	5

Is there anything else you'd like me to know about your family?
