

4. What if labor takes a very long time? How do you cope under stress? With fears? With pain? With fatigue?

5. What do you need or want most from your midwives? From your partner?

6. List some things that relax you that could help in labor. (I.e., places you like to be touched, things that soothe you, music you like, etc.)

7. List things that might aggravate or annoy you in labor.

8. If you had a previous negative birth experience, how do you imagine this will be different? What can be done to make it different?

9. *Have you ever been emotionally, sexually, or physically abused or had a negative experience that might affect your birth experience?*

10. *List your strengths and weaknesses. How may these help or hinder you in labor?*

11. *When you were growing up and thought about having a baby, what did you think about? What did your mother tell you about birth, having babies, and breastfeeding? What kind of relationship do you presently have with your mother?*

12. *Do you know that we can't deliver before 37 weeks or after 42? Labors in these date ranges need to take place in a hospital. **Most babies deliver within our date ranges.** How would you feel if natural or medical measures were needed to encourage labor to take place within these dates?*

13. *How would you feel if you needed to transfer to the hospital in labor?*

14. *What is your spiritual orientation?*

15. *Do you have any other comments that might help us to help you?*

