

Moonbelly Midwifery, LLC

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**Pre-Consultation Questions**

Thank you so much for considering Moonbelly Midwifery, LLC for your midwifery care! I’m very much looking forward to meeting you.

During your consultation, we will have a chance to talk and get to know each other a bit. I look forward to hearing about your pregnancy, answering questions, and learning about what you, and your partner, are looking for in midwifery care.

To make the most of our time together, I invite you to fill out the following questions and also keep your reflections of your nutrition for one week. These are great starting places for your journey through pregnancy, birth, postpartum, and mothering. See you soon!

**General questions about your knowledge of midwifery care:** To be answered both by the Mother and Partner/Father. Please be thoughtful and detailed.

**For what reasons do you seeking midwifery care?**

* Mother:

* Partner/Father:

**Tell me a little about your knowledge of the scope and practice of midwifery care?**

* Mother:

* Partner/Father:

**What do you see as the midwife’s role in your pregnancy, labor, birth, and postpartum?**

* Mother:

* Partner/Father:

**What do you see as the mother’s role?**

* Mother:

* Partner/Father:

**What do you see as the partner/father’s role?**

* Mother:

* Partner/Father:

**What is your understanding of the limits of midwifery care (e.g., when can a midwife attend a birth, and when can she not)?**

* Mother:

* Partner/Father:

**While midwife-attended birth is common in Bellingham, WA, there are many, including family members, friends, co-workers, etc., who consider it alternative and “unsafe.” How will you navigate the challenges of this?**

* Mother:

* Partner/Father:

**What are you concerned about with this pregnancy, labor, birth, or postpartum?**

* Mother:

* Partner/Father:

**What do you need to know to make the best choice for your upcoming birth?**

* Mother:

* Partner/Father:

**Birth & Parenting is hard work. What additional things (childbirth classes, doula services, books about birth and parenting) are you doing?**

* Mother:

* Partner/Father:

**How do you feel about this pregnancy?**

* Mother:

* Partner/Father:

**Do you plan to breastfeed this baby? How long do you think you will nurse?**

* Mother:

* Partner/Father:

**Are there any particular ethnic, cultural, or religious preferences for your care that you would like to discuss?**

* Mother:

* Partner/Father:

**Anything else?**

* Mother:

* Partner/Father:

**One Week of Nutrition Reflections**

Please spend time one full week capturing a bit about your relationship with food, what you eat, and which foods you enjoy eating. I realize that food and eating can be very loaded topics for some women. For me, in order to best care for you, it helps me to know where we are beginning. I hope that this is an enjoyable process, filled with reflection and learning, and in no way stressful for you.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| ENJOY! | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Breakfast |  |  |  |  |  |  |  |
| Snack |  |  |  |  |  |  |  |
| Lunch |  |  |  |  |  |  |  |
| Snack |  |  |  |  |  |  |  |
| Dinner |  |  |  |  |  |  |  |
| Snack |  |  |  |  |  |  |  |

Specific diet preferences:

* Vegetarian
* Carnivore
* Vegan
* Other \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Notes about your cultural food preferences:

Your favorite cookbooks or food inspiration sites: