



## Sunrise Doula Services

Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Due Date: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Other Parent: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Children's Names + Ages: \_\_\_\_\_

Full Address: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Hospital/Birth Center: \_\_\_\_\_ OB/Midwife: \_\_\_\_\_

Baby's Doctor: \_\_\_\_\_ Baby's Gender (if known): \_\_\_\_\_

Are there any pets in the home? \_\_\_\_\_

Will a family member or friend be home with you to help after the baby is born? \_\_\_\_\_

If so, who and for how long? \_\_\_\_\_

What are your main reasons for choosing to have a postpartum doula? Check all that apply.

Infant Care Instructions

Physical Comfort

Emotional Support

Breastfeeding Assistant

Rest

Reassurance

Have you had any complications with this pregnancy? If so, please describe: \_\_\_\_\_

\_\_\_\_\_

Have you had any previous complications with fertility, reproductive health, pregnancy or postpartum? If yes, please share: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Have you had any stressful events, losses or major life changes you would like me to know about? \_\_\_\_\_

\_\_\_\_\_

Does your family have any cultural or religious traditions that I should know about? \_\_\_\_\_

\_\_\_\_\_

How will your baby be fed? Please circle all that apply.

Breastmilk (breastfed or pumped)

Formula

Combination

Would you like help/support with feeding? \_\_\_\_\_

Please rate how important you anticipate the following will be in your postpartum care. Not Important = 1, Somewhat Important = 2 and Very Important = 3

Emotional Support	1	2	3
Self-Care (shower, nap, etc.)	1	2	3
Guidance with Infant Basics (bathing, diapering, etc.)	1	2	3
Help with newborn feeding	1	2	3
Household Management (light chores, errands, meals)	1	2	3

Do you plan on working? If so, when? \_\_\_\_\_

Favorite Foods: \_\_\_\_\_

Allergies or Food Dislikes: \_\_\_\_\_

Hobbies or Interests: \_\_\_\_\_

Please use the space below to write down anything else you would like me to know or questions and concerns you may have. Thank you!