

QUESTIONS FOR PRIVATE DISCUSSION

What do I want from this birth?
What do I need from you during this pregnancy?
What will I need from you if this is a cesarean birth?
What will I need from you if this is a vaginal birth?
What feelings do I have now about this pregnancy?
What are we like sexually during this pregnancy?
What are my fantasies about this birth?
What would I settle for?
How do I feel about all the preparation that is necessary for this birth?
How do I want to be during labor?
How do I want us to be during labor?
What are my greatest fears about this pregnancy/birth?
What are my greatest joys?
What do I want for this baby?
How can we work to be the best team, the strongest unit we can possibly be during the next months?
What if labor takes a very long time?
List ten things that relax you that could help during labor.
List ten things you could do for someone in labor.
List ten things you want done for you during labor.
Tell me places you like to be touched.

If this is not your first birth:

What are my strongest feelings about our last birth?
What were those first weeks at home like?
How do I imagine this time will be different?
What can we do to make it different?

If you are planning a VBAC:

What was it like for me when the decision was made to have a cesarean?
What feelings did I have during the surgery?
What feelings surface when I think about another cesarean birth?

Adapted from Silent Knife
By Cohen and Estner
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