

KNOWING YOURSELF

How would you describe the kind of person you are? What are your values in life?

When you think about your pregnancy and your baby, who do you see as the expert?

What are your values when it comes to parenting?

What are your values when it comes to birth?

Think back to a time that was physically or emotionally difficult for you. What coping techniques did you use? What inner resources and strengths do you already have?

What are things that you normally love to do? What makes you feel good? What helps you relax when you are stressed?

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If you have already had a kid, what did you like about your previous birth? What did you not like? What would you do again? What would you do differently?

When you picture your ideal birth experience, what does it look like? What does it feel like emotionally? What is really important to you?

What are your biggest fears and concerns? If your biggest fears actually happened, how would you feel? What would you do?

If you think through your biggest fears, and create an action plan for if it actually occurs in reality, does it feel as scary, or does it feel more manageable?

Birth Support: Who do you want to have with you for birth support? Who makes you feel safe, loved and supported? Do you picture yourself labouring mostly alone in privacy, or just your partner for support? Or do you picture having a friend or family member? Do you picture having a birth doula with you in addition to your family? If you already have kids, would you like your kids there at the birth of their sibling?

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How would you like your birth team to support you? What do you want them to do? What do you want them to say to you?

When you think about early parenting, and the first few months after birth (postpartum), what do you picture? How do you imagine you will feel? What do you imagine you will be doing?

What do you already know about life with a newborn?

Do you and your partner / family members have similar expectations? It's ok if you don't. It's helpful to discuss them openly and be open to changing plans in the moment if you need to adapt to different situations.

Write down a list of possible resources for the first few months after birth. Write a list of all the people, friends, family, neighbours, local mom's groups, organizations etc. who could provide physical support, emotional support or informational support.
