**Thoughts on giving birth**

**Your name: ……………………………………………………………………………………..**

**We would like this form to be kept together with your health card.**

Giving birth to a child is a natural part of life, and for most women a major event. There can be different emotions attached to childbirth, such as joy, concern and apprehension.

Thoughts and expectations are coloured by past experience, what you have heard and read, and your individual life circumstances.

Our aim is to provide the support you need the best possible way. We ask you to think through the following questions. They are intended to be a tool to help you prepare for giving birth, and can serve as a starting point for dialogue.

**In case you have given birth previous, how was your experience?**

**What are your thoughts and expectations on giving birth?**

**What are your thoughts on labour and contractions and what might be of help to you?**

**Do you have any previous experiences in life you feel it is essential for our staff to be aware of, in order to be able to help and assist you the best possible way.**

**What are your thoughts on support and guidance in breastfeeding and caring for your baby?**

**Other comments:**

Welcome to the Women's Clinic at Stavanger University Hospital

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