

Welcome



Welcome, and congratulations on this beautiful new chapter of life. I'm honored to walk beside you with gentle guidance, comfort, and faith-rooted support.

This form helps me get to know you so I can serve you with care and intention.

With care,
Ashley Readmond
One Thousand Waters Doula Service

"She is clothed with strength and dignity; she can laugh at the days to come."

— Proverbs 31:25

Doula Intake Form

Supporting Your Birth With Calm, Care, and Confidence



Name:

Partner's Name:

Phone:

Email:

Estimated Due Date:

Desired Location of Birth (home/hospital/birth center):

Care Provider (OB, Midwife, etc.):

1 Is this your first baby?

☐ Yes ☐ No

If no, briefly share about your previous birth(s):

2 What is your biggest hope for this birth?

3 What are your biggest concerns or fears about labor or postpartum?

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- 4
- What kind of support are you looking for from a doula?
 - (Check all that apply)
 - ☐ Physical support (massage, position suggestions, comfort)
 - ☐ Emotional support (encouragement, reassurance, presence)
 - ☐ Partner support
 - ☐ Help navigating hospital staff and decisions
 - ☐ Postpartum check-in and recovery support
 - ☐ Other: _____



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- 5 Are there any health concerns or medical conditions I should be aware of?
(Optional and confidential)

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- 6 Do you have any spiritual, cultural, or personal values you'd like honored during labor?

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- 7 Have you already created a birth plan or would you like support doing so?
- ☐ Already made one
 - ☐ Would love help creating one
 - ☐ Not sure yet

Bonus: Just for Me to Understand You Better

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- 8 What kind of support feels most comforting to you when you're going through something hard?

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- 9 How do you want to feel during your labor and birth?
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Thank you!

"For You created my inmost being; You knit me together in my mother's womb."

— Psalm 139:13

