

AWARENESS IS HEALING® Intake Form
Postpartum

POSTPARTUM

What was pregnancy, labor and delivery like for you? _____

How was the delivery of your placenta? _____

How is your postpartum journey going? _____

How do you feel about yourself as a mother? _____

Was your birth Vaginal or C-Section? _____

Did you have an episiotomy? _____

Did you have a vaginal tear? _____ What degree? _____

Was there any internal tearing as a result of the birth? _____

Did you hemorrhage? _____

Did you have an epidural? _____

AWARENESS IS HEALING® Intake Form
Postpartum

Were there any complications? _____

How do you feel about your birth/births over all? _____

Did you give birth in a hospital, at home, or at a birth center? Other? _____

Are you currently breastfeeding? How do you feel that is going? _____

Have you had any challenges with mastitis?

Are you also pumping or exclusively pumping?

