



HypnoBump Participant Questionnaire

Welcome to the start of your HypnoBump Hypnobirthing Programme.

Please ensure that **each** participant (Mum & Dad / Birthing Partner) allows a short while to read through and complete the participant questionnaire. The requested details will be used to personalise your programme and to help you to gain maximum and lasting benefits from your experience. Please use additional sheets if you require more space, providing any information that you feel will be useful in the preparation of your programme. 😊

PERSONAL AND CONTACT DATA RELATING TO MUM	
NAME:	
ADDRESS:	
HOME TEL:	
MOBILE:	
E-MAIL:	AGE:
MARITAL STATUS:	OCCUPATION:
DOCTOR'S NAME AND ADDRESS:	
MEDICAL HISTORY:	
Please provide details of any current medications and / or treatments (including complementary).	
Is this your first pregnancy?	
LEISURE INTERESTS / HOBBIES: What do you like to do to relax? How often do you make time to relax?	



HypnoBump
Relax your way through childbirth

© HypnoBump 2011



PERSONAL AND CONTACT DATA RELATING TO DAD / BIRTHING PARTNER

NAME:

ADDRESS:

HOME TEL:

MOBILE:

E-MAIL:

AGE:

MARITAL STATUS:

OCCUPATION:

DOCTOR'S NAME AND ADDRESS:

MEDICAL HISTORY:

Please provide details of any current medications and / or treatments (including complementary).

LEISURE INTERESTS / HOBBIES: What do you like to do to relax? How often do you make time to relax?



HypnoBump

Relax your way through childbirth

© HypnoBump 2011



EXCITING INFO ABOUT 'BUMP'

How have you enjoyed your pregnancy to date?

What are your concerns and/or niggles relating to being pregnant, birthing your baby, becoming parents, etc.?

When is your baby most likely to put in an appearance (approximate timeframe rather than exact date, we all know that babies arrive when the time's right for them)?

What are your birthing preferences? As this may be different for each participant, please feel free to use additional sheets as necessary.

Have you had any indication as to whether you're welcoming a boy or a girl?

What would you most like to gain by participating in the HypnoBump Programme? Use additional sheets as required.



HypnoBump
Relax your way through childbirth

© HypnoBump 2011



What are you most looking forward to?

What music do you most like to relax to?

Is there anything else about you / your pregnancy that you'd like to add:

Do you have any questions about hypnosis, hypnobirthing or your pregnancy?