

## INFORMATION FOR WOMEN WITH FEAR OF CHILDBIRTH



Giving birth is a natural event in a woman's and a family's life. Fear of childbirth is a natural reaction, which all women experience to some extent. If fear of childbirth becomes the dominant feeling in everyday life, you ought to bring it up for discussion.

We offer you a possibility to discuss your fear of childbirth, your wishes and expectations before giving birth.

You can see a midwife, an obstetrician and visit the maternity ward. You can bring your husband or another support person with you to the discussion, if you like.

Together we can then make a birth plan and a birth contract, which will be mentioned on your birth papers.

\* Complete the questionnaire and bring it with you when you come to the maternity clinic for your first appointment.

\* Consider these things carefully and write down your thoughts and expectations.

## Questionnaire/Fear of childbirth

### What is the reason for your fear of childbirth?

Describe in your own words your previous birth experiences, what you have heard from friends and acquaintances and so on.

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### Things that frighten or worry you right now:

(Mark the alternative with a cross and write in your own words on the dotted lines)

- labour pain.....  
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- being left alone during childbirth.....  
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- losing control during childbirth.....  
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- a sick or handicapped child.....  
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- fear of death.....  
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- bad treatment.....  
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- the staff at the maternity ward .....
- lack of trust.....  
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- something else, what?.....  
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