

New Mom Intake Questions

1. How are you doing?
2. How are you feeling about being a mom?
3. Do you have any particular concerns?
4. How are you sleeping—amount and how long?
5. Can you sleep at night when everyone else sleeps?
6. How is baby sleeping?
7. Who gets up at night with the baby?
8. Have you had any unusual or scary thoughts?
9. Are you receiving adequate physical and emotional help?
10. Is your partner sharing the responsibilities of the household and parenting?
11. Do you really feel like yourself?
12. How is your appetite?
13. What and how often are you eating and drinking?
14. If breastfeeding, how is it going?
15. If using formula, when and how quickly did you wean?
16. When was your last period?
17. Are you taking any medications or herbs on a regular basis?
18. Are you feeling more tearful or worried than usual?
19. Have there been any health problems for you or your baby?
20. How are you feeling toward your baby?