

(Form #CW3-1)

Questions To Ask Your Mother About Your Own Birth

1. Mum - What do you remember about your own birth?
2. What do you remember of my sibling's births?
3. Tell me about the circumstances of my conception? i.e. Was it after a special event? Was there something momentous happening in the world. E.g. 9/11, Olympics.
4. How was I conceived? Where was I? Why did you conceive me? Why did my father conceive me?
5. Tell me about my gestation. Did any special or tragic event happen whilst I was in the womb?
6. Did you smoke, drink alcohol or take recreational drugs:
 - pre conception
 - during gestation
 - post natal
7. Did Dad smoke, drink or take recreational drugs?
 - pre conception
 - during gestation
 - post natal
8. Did anybody else in the house drink or take recreational drugs?
 - pre conception
 - during gestation
 - post natal
9. Did you take any drugs or Doctors prescribed medicines during the pregnancy?
10. Were you administered any drugs during the birth?
11. Did you have morning sickness?
12. Was I planned?
13. Was I wanted?
14. How long was the labor?
15. Who was there at the birth?
16. Did I have a doctor?
17. What was the doctor like?
 - Personality
 - demeanour
18. If there was a midwife or team, what was he/she/they like?
19. When did the waters break and how was that for you?
20. Where was Dad? Was he at the birth? If not where was he?
21. Have you had any abortions or miscarriages?
22. When did you have them?
23. After the birth were we together or were we separated?
24. Was I given the breast?
25. When?
26. If not, what was I given?
27. What sounds did you make and I make!
28. What sounds did anybody else make?
29. What noises were there in the delivery room?
30. Who looked after me immediately after the birth?
31. What was the relationship between you and Dad prior to conception?
32. What were the world circumstances during gestation & birth,

e.g. a war or civil war going on, strikes, worldwide financial downturn, terrorist attacks?

33. Was I born headfirst, breach, caesarean, face up, cord around neck, other or a "normal" birth?
34. Did the delivery team use forceps?
35. Did I come out quickly or was I held in?
36. When was the umbilical cord cut?
37. What did you do during pregnancy?
38. What did you eat during the pregnancy and during the birth itself?
39. Were you shaved? _____* This was a common occurrence
40. Did you have an enema? _____* in the 1960's & 1970's
41. What was the mood of the people at the delivery?
42. Were there other babies being born around me?
43. What position was your body in while giving birth?
44. What was the surface of the delivery table like?
45. Were you frightened?
46. What was the communication between you and Dad at the time of birth?
47. Was there any sickness for you at the time of birth?
48. Did anyone make a comment about me at the birth?
49. Did I move a lot after birth?
50. Was I smacked after the birth?
51. What kind of baby was I? Sleepy or awake?
52. How much did I cry?
53. How long were you and dad together before my conception?
54. What kind of health were you in?
55. How far from the hospital was home?
56. What were you wearing?
57. Who picked you up from the hospital?
58. What did I look like?
59. When did you walk again after the birth?
60. What form of contraception did you take - if any?
61. How much money did you & dad have at the time?
62. What were the grandparent's feelings?
63. How much sex did you have during pregnancy?
64. How much affection?
65. What did you and Dad talk about just before conception?
66. Did you pick up any messages from me inside the womb?
67. Did many people come to see me?
68. Did you or dad want a boy or a girl or were you both neutral?
69. How did my brothers/sisters react to me when you brought me home?
70. Was there any jealousy?
71. How many relatives came to see me?
72. Was there any alcohol connected with the birth?
73. Did anybody smoke at the birth?
74. What is your overall view of my birth?