



Professional Childbirth Educator Certification Program

Birth and Postpartum Interview

Observing births is a very important learning experience for ICEA student candidates. ICEA recognizes that in limited circumstances (some international and USA candidates) this is not possible. Therefore, ICEA has provided a student-driven alternative to meet this requirement. Please choose 5 prenatal interview questions to use within 6 weeks before birth with a chosen family and 5 postpartum birth questions to answer within the 6 weeks after the birth with a chosen family. As verification that an interview was completed, please have the family being interviewed sign the verification form and submit the completed form to the ICEA office.

Prenatal Interview

1. Describe what your contractions feel like (if applicable):
2. What has been the most exciting part of this pregnancy?
3. What are your biggest concerns about birth?
4. As a parent, what are you most looking forward to?
5. List your 3 most important desires for this birth.
6. What do you believe are the 5 most important items to pack in your labor and delivery bag and role do they play in birth?
7. Compare and contrast medical and non-medical alternatives to coping in labor.
8. How would you describe an ideal birth? (birthing techniques including positions, midwife, doula, doctor, hospital, home birth, birthing center, water birth, birthing center, epidural, etc).
9. Prenatal:
10. Who will be your support person(s) and how do you see their role in your birth experience?

Postpartum Interview

1. What has been most surprising or unexpected as a new parent?
2. What do you enjoy most about your new family and why?
3. What are the top 3 values do you want to teach your child and why?
4. What traditions do you want to carry forward with your family?
5. Describe the changes in your relationship since baby's arrival?
6. Describe your plans for future childcare and/or going back to work?
7. What are your greatest fears or concerns about being a new parent?
8. How did you introduce your baby to your pets? What was successful and what would you do differently?
9. How did your experience compare with your expectations?
10. Reflecting on your birth experience is there anything that you would want to do differently?



Birth and Postpartum Interview Verification Form

ICEA Candidate's Name _____

ICEA Candidates Signature _____ Date _____

Parent Name _____

Parent Signature _____ Date _____

ICEA Candidate's Name _____

ICEA Candidates Signature _____ Date _____

Parent Name _____

Parent Signature _____ Date _____