



Finnish Institute for
Health and Welfare

2024

Interview supporting the interaction between expecting parents and their baby

The interview template has been modified based on the European Early Promotion project template and is intended for use in Finland.

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Greeting, introduction and establishing a relationship

The aim of the initial discussion is to promote that the parties get to know each other and can relax.

Purpose of the interview

The purpose of the interview is to discuss issues related to the birth and care of the baby, the family's situation and the parents' thoughts, feelings and concerns. The aim is to assess the family's need for support and how it is implemented and to help the family receive help or support if necessary.

Formulating questions

Formulate the questions according to the relationship of the pregnant person. You can ask whether she has a relationship with the baby's father, the other parent or some other person. Is she in a relationship in the first place? During the interview, are you meeting both parents or just the pregnant person?

In the interview, please take into account diversity in gender, sexual orientation as well as family types. Ask the clients which terms they wish to be used in referring to them and use the terms they want to use.

- Find out
- Is this the person's first pregnancy?
- Was this a wanted pregnancy or is there anything negative about it? For example, you can ask: **What do you think about this pregnancy?**
- Who are the baby's parents? What is the relationship between the parents like?
- Does the pregnant person have a relationship with the baby's father, other parent or some other person?
- Previous difficulties related to the beginning and course of pregnancy, such as a difficult pregnancy, miscarriage, difficult labour and birth, stillbirth, or giving birth to a baby with a disability or illness.
- Factors related to the family: family size, family members, housing, etc.



I. THE PREGNANT PERSON'S FEELINGS RELATED TO CURRENT PREGNANCY

1. How has your pregnancy been going so far?

The aim is to discuss the most common problems addressed by the pregnant person with the parent(s):

- fears related to labour and childbirth
- the effect of any previous pregnancy experiences on this pregnancy
- conflicts between family members
- financial and social difficulties faced by the family

2. How did you feel when you realised you were pregnant?

- positive feelings: strengthen them
- negative feelings: encourage the parent(s) to talk about their feelings with you. Ask whether the parent(s) is experiencing:

	Yes	No
Fear		
Indifference		
The pregnant person has a negative attitude towards the pregnancy		
The father or the other parent has a negative attitude towards the pregnancy		

If there are fears, are they related to:	Yes	No
Labour and birth		
The child's health		
The child's development		
Changes in their life		
Changes in their family's life		
Other fears (please specify)		

3. When you found out you were pregnant, who did you tell about it first? What was their reaction?

	A positive reaction	A negative reaction
The child's father or the other parent		
The baby's grandparents		
The baby's sibling(s)		
Some other person		

4. What about the baby's father or the other parent (if this is not the same person as the first person that the pregnant person disclosed their pregnancy)? What was their reaction?

Positive reaction _____ Negative reaction _____



5. How did other members of your family feel about your pregnancy when they found out about it?

	A positive reaction	A negative reaction
The child's father or the other parent		
Grandparents		
The baby's sibling(s)		
The pregnant person's sibling(s)		
Some other person		

II. SUPPORT FROM FAMILY AND LOVED ONES

6. What kind of support would you like after giving birth? What kind of support do you think you will receive and from whom?

Which of your friends or loved ones could provide you with support? Could you find new friends through family training, for example, and receive peer support that way?

III. ANTICIPATED CHANGES IN FAMILY LIFE

7. How do you think the baby will affect:

	A positive reaction	A negative reaction
Your family life?		
Other family members and relationships?		
Relationships between family members, such as siblings?		

8. How do you think you will be able to cope with the changes? (if the interviewee has not already addressed this)

Worried about coping _____ Not worried about coping _____

9. Some parturients develop depression after giving birth. Are you worried about the postpartum period?

Worried _____ Not worried _____

If the pregnant person does not have anyone to support her, help her receive adequate social and psychological support. Express your desire to discuss with the pregnant person and/or parents again later and offer your support.



IV. THE PREGNANT PERSON'S SELF-IMAGE

10. What changes have you noticed in yourself after getting pregnant? How have you felt about the changes? Are you worried about them? Have you discussed your concerns with anyone?

- The changes may concern:
- Body image (weight gain, changes in physique)
- Dietary habits (morning sickness, vomiting, increase or decrease in appetite)
- Sexual feelings (lower sex drive or fear of intercourse)
- Sleep (an increased need for sleep or insomnia)
- Alertness (reduced work ability or thinking ability)
- Mood

11. How are you? How are you feeling?

Feeling well _____ Feeling poorly or has ambiguous feelings _____

V. THE FATHER'S OR OTHER PARENT'S SELF-IMAGE

12. What changes have you noticed in yourself after your partner became pregnant? How have you felt about the changes? Are you worried about them? Have you discussed your concerns with anyone?

- The changes may concern:
- Body image (weight gain, changes in physique)
- Dietary habits (morning sickness, vomiting, increase or decrease in appetite) Sexual feelings (lower sex drive or fear of intercourse)
- Sleep (an increased need for sleep or insomnia)
- Alertness (reduced work ability or thinking ability)
- Mood

13. How are you? How are you feeling?

Feeling well _____ Feeling poorly or has ambiguous feelings _____

VI. PARENTS' EXPECTATIONS AND PERCEPTION OF THEIR UNBORN CHILD

14. How do you currently see your baby?

Positive view _____ Negative view _____

The aim is to encourage parents to already establish a relationship with the unborn baby as a person during the pregnancy. Particular attention should be paid to parents who find it difficult to imagine what their child will be like now or in the future. Be prepared to encounter parents' negative feelings without criticism and judgement. Just take in their emotions.

If you are unable to help the parents, arrange an appointment with a mental health professional for them. In any case, encourage parents to think about their future child.



15. What will your child be like?

	Positive expectations	Negative expectations
Pregnant parent		
Father or the other parent		
Other parents		

16. What about the baby's father or the other parent(s), what are their wishes? What would he or they like the child to be?

	Positive expectations	Negative expectations
Father or the other parent		
Other parents		

17. Do you have any other concerns related to the baby?

Yes _____ No _____

Please specify _____

18. What expectations do other members of your family have?

VII. EXPECTATIONS FOR LABOUR AND CHILDBIRTH

19. How do you feel about the coming labour and childbirth?

	Positive expectations	Negative expectations
Pregnant person		
Father or the other parent		
Other parents		
Or other person participating in the labour		

20. What have other members of your family or friends said about giving birth?

	Positive things	Negative things
The child's father or the other parent		
Grandparents		
The baby's sibling(s)		
The pregnant person's sibling(s)		
Friends		
Other persons		

21. What kind of support would you like to have when giving birth? What kind of support can you get?

Positive expectations _____ Negative expectations _____

Encourage the pregnant parent or the parents to discuss their feelings with the person who could support them.



VIII EXPECTATIONS FOR FEEDING THE BABY

22. For the pregnant parent: How do you wish to feed the baby? How do you feel about breastfeeding?

	Positive feelings	Negative feelings
Breastfeeding	_____	_____
Bottle feeding	_____	_____

23. For the father or the other parent(s): how would you like the baby to be fed? How do you feel about breastfeeding?

	Positive feelings	Negative feelings
Breastfeeding	_____	_____
Bottle feeding	_____	_____

You should particularly discuss with parents who have very strong negative perceptions related to breastfeeding. Try to find out why the parent(s) has such negative views of breastfeeding. However, if breastfeeding seems impossible for the parents, support them in showing closeness and affection to the baby in other ways during feeding.

IX RELATIONSHIP BETWEEN THE PARENTS

24. The birth of a child will change the relationship and may reduce affection between the spouses. What do you think will happen to your relationship?

To maintain affection between the parents, it is a good idea to talk about how you can show affection in everyday life and make sure your relationship will remain as good as possible.

X THE FAMILY'S FINANCES AND HOUSING

25. Having a child also has an impact on the family's finances. Are you worried about how you will be able to cope financially?

Yes (please specify) _____ No worries _____

26. Do you have any worries related to housing?

Yes (please specify) _____ No worries _____

XI LIFE EVENTS

27. Has anything happened in your life that could affect you, your family or the baby?

Yes (please specify) _____ No _____

XII. CONCLUSION

28. Is there anything else you would like to mention?

Yes (please specify) _____ No worries _____