

Dear parent,

Especially the first pregnancy, birth and care of the baby come with physical, psychological and social changes that strengthen the parents' resources but may also burden the future parents. It is easier to adapt to the changes if you can prepare yourself for them already during the pregnancy. Parents could benefit from stopping and thinking about their own life and discussing it together, even if they are busy.

This form contains some important matters for families waiting for their first child. They may be sources of strength or things they find tax-

ing in their everyday lives. The questions concern factors which in this situation in life give your family strength (alternatives: "Agree" or "Partially agree") or burden your everyday life (alternatives: "Disagree" or "Partially disagree"). When you have identified these factors it will probably be easier for you to think about the possible changes in your attitudes or ways of reacting.

The form is intended for your own use and for your family. If you wish, you can also discuss your family's resources at a maternity and child health clinic.

For each section, circle the option that best matches your life situation out of all four options.

| Health and lifestyle | Agree | Partially agree | Partially disagree | Disagree |
|---|-------|-----------------|--------------------|----------|
| I feel healthy. | 1 | 2 | 3 | 4 |
| I am usually in a light and good state of mind. | 1 | 2 | 3 | 4 |
| I feel trustful about the upcoming delivery. | 1 | 2 | 3 | 4 |
| I am aware that intoxicants (alcohol, drugs) have a negative impact on the fetus. | 1 | 2 | 3 | 4 |
| I am aware that intoxicants (alcohol, drugs) have a negative impact on my health. | 1 | 2 | 3 | 4 |
| I know that smoking has a negative impact on the development of the fetus. | 1 | 2 | 3 | 4 |
| I am not worried about any family member's use of intoxicants. | 1 | 2 | 3 | 4 |
| I am usually energetic and lively. | 1 | 2 | 3 | 4 |
| In my opinion, I am getting enough sleep. | 1 | 2 | 3 | 4 |
| I aim at maintaining regular mealtimes. | 1 | 2 | 3 | 4 |

| Childhood experiences | Agree | Partially agree | Partially disagree | Disagree |
|--|-------|-----------------|--------------------|----------|
| I was well taken care of as a child. | 1 | 2 | 3 | 4 |
| My childhood home was safe. | 1 | 2 | 3 | 4 |
| I was accepted for who I was. | 1 | 2 | 3 | 4 |
| My own childhood experiences do not come across as burdensome. | 1 | 2 | 3 | 4 |

| Partner relationship | Agree | Partially agree | Partially disagree | Disagree |
|---|-------|-----------------|--------------------|----------|
| We are able to talk about our feelings. | 1 | 2 | 3 | 4 |
| We are able to talk about things that cause disagreement. | 1 | 2 | 3 | 4 |
| Our relationship does not contain physical violence. | 1 | 2 | 3 | 4 |
| Our relationship does not contain mental violence. | 1 | 2 | 3 | 4 |
| We try to divide household chores flexibly and fairly between us. | 1 | 2 | 3 | 4 |
| We show each other affection. | 1 | 2 | 3 | 4 |
| I know that our sexual life can be affected by the child's birth. | 1 | 2 | 3 | 4 |
| We can talk about our sexual life. | 1 | 2 | 3 | 4 |
| We aim to arrange time together (and for our shared hobbies). | 1 | 2 | 3 | 4 |
| We give our partner privacy and their own time. | 1 | 2 | 3 | 4 |
| I know that a good relationship is important for the wellbeing of the whole family. | 1 | 2 | 3 | 4 |
| I am prepared to make an effort to develop our relationship. | 1 | 2 | 3 | 4 |

| Becoming a parent and parenthood | Agree | Partially agree | Partially disagree | Disagree |
|---|-------|-----------------|--------------------|----------|
| Pregnancy and birth are a natural change in my life. | 1 | 2 | 3 | 4 |
| I am feeling confident about learning to take care of my child. | 1 | 2 | 3 | 4 |
| I know that the feelings towards the child develop during pregnancy, birth and the caring for the baby. | 1 | 2 | 3 | 4 |
| I know that conflicted feelings are also part of pregnancy. | 1 | 2 | 3 | 4 |
| I know that the example of parenting which I got from my parents affects my own parenting. | 1 | 2 | 3 | 4 |
| I know that I can learn to act differently as a parent than my parents. | 1 | 2 | 3 | 4 |
| Together with my partner we are trying to develop a shared view on how to take care of and raise the child. | 1 | 2 | 3 | 4 |
| I know where I can get more information about parenting and caring for the child. | 1 | 2 | 3 | 4 |
| We have sufficient knowledge of how to take care of a household (such as cooking, washing, cleaning). | 1 | 2 | 3 | 4 |
| I know that the child's birth will affect the way I use my time and that the child can restrict my hobbies. | 1 | 2 | 3 | 4 |
| I believe I will adapt well to the changes that the child brings about in everyday life. | 1 | 2 | 3 | 4 |

| Social support | Agree | Partially agree | Partially disagree | Disagree |
|--|-------|-----------------|--------------------|----------|
| I have at least one person who I can turn to if I need help and support. | 1 | 2 | 3 | 4 |
| I know that I can get help from my own or my partner's parents if necessary. | 1 | 2 | 3 | 4 |
| I can share experiences with a family/families who are expecting or have children. | 1 | 2 | 3 | 4 |
| I know when I can turn to the maternity clinic. | 1 | 2 | 3 | 4 |
| I have enough information about the services that our residential environment provides families with children. | 1 | 2 | 3 | 4 |

| Economy, employment and habitation | Agree | Partially agree | Partially disagree | Disagree |
|---|-------|-----------------|--------------------|----------|
| I am not worried about our economic situation. | 1 | 2 | 3 | 4 |
| I am content with our present residential environment. | 1 | 2 | 3 | 4 |
| Our home is suitable for families with children. | 1 | 2 | 3 | 4 |
| Unemployment or the risk of unemployment does not burden our family. | 1 | 2 | 3 | 4 |
| My or my partner's work/studies do not strain our family too much. | 1 | 2 | 3 | 4 |
| If necessary, I will try to find new ways of combining work (or studies) and family when the child is born. | 1 | 2 | 3 | 4 |

| Other factors that give me/my family strength and energy |
|---|
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| Other factors that burden our situation in life |
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The form was developed by Marjaana Pelkonen, Tuovi Hakulinen and Leena Kaljunen in the Voimavarainen vanhemmuus – terveellinen lapsuus project in 2002.