

Dear parent,

Life with a newborn baby can have many delights, but sometimes the everyday life can be hard. It can be useful for the parents to occasionally pause – even in a hurry – to think about their life and to talk about it with each other. Usually this benefits both the child and the whole family.

For this form we have gathered questions which are central to families with a newborn baby. Some of them concern factors that can strengthen the family (alternatives: “Agree” or “Partially

agree”), while others concern factors which can strain the 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.

The situation in life after the birth of the baby	Agree	Partially agree	Partially disagree	Disagree
I have been able to sufficiently work with my thoughts about pregnancy and birth.	1	2	3	4
I have received enough information about postnatal depression.	1	2	3	4
I have been able to prepare myself for the changes that the baby brings about.	1	2	3	4
We are taking the child’s needs into consideration when planning how to spend our time.	1	2	3	4
It is easy to combine work and family life.	1	2	3	4
Our home is suitable for families with children.	1	2	3	4
Our place of domicile is child-friendly and safe.	1	2	3	4

Parenthood and caring of the baby	Agree	Partially agree	Partially disagree	Disagree
I have enough time for the baby.	1	2	3	4
It is usually easy for me to understand what the baby needs.	1	2	3	4
I have the courage to work with the negative feelings I have towards the baby.	1	2	3	4
The baby’s personality/temperament matches my expectations.	1	2	3	4
I have sufficient knowledge of parenthood.	1	2	3	4
I have numerous pleasant moments with the baby.	1	2	3	4
I can take care of my baby.	1	2	3	4

Parenthood and caring of the baby	Agree	Partially agree	Partially disagree	Disagree
Breastfeeding goes as I expected.	1	2	3	4
I can work with my feelings of insecurity.	1	2	3	4
Parenthood matches my expectations.	1	2	3	4
I feel good enough as a parent.	1	2	3	4
I recognise features in my parenting which I could improve in.	1	2	3	4
If necessary, I can talk with my own parents about parenthood.	1	2	3	4

Partner relationship	Agree	Partially agree	Partially disagree	Disagree
It is easy for us to talk with each other.	1	2	3	4
We are spending enough time together.	1	2	3	4
Our relationship is close.	1	2	3	4
We can talk about our sexual life.	1	2	3	4
We know how to argue and make up.	1	2	3	4
We show each other affection.	1	2	3	4
I am satisfied with our relationship.	1	2	3	4
We divide household chores flexibly and fairly between us.	1	2	3	4
We take turns taking care of the baby from time to time.	1	2	3	4
We aim at doing pleasant things together.	1	2	3	4

Family support network	Agree	Partially agree	Partially disagree	Disagree
We get help from grandparents when necessary.	1	2	3	4
We have neighbours and acquaintances who can help us.	1	2	3	4
There is also someone close to me who can support me if needed.	1	2	3	4
We get support from other families with children.	1	2	3	4
We are able to get help with babysitting.	1	2	3	4
Our residential environment offers sufficient services for families with children.	1	2	3	4

Health and lifestyle of the family	Agree	Partially agree	Partially disagree	Disagree
We, parents, are healthy.	1	2	3	4
We are taking care of our health.	1	2	3	4
None of us has any illness or physical disability that worries us.	1	2	3	4
Family members are usually in a good mood.	1	2	3	4
The lifestyle of our family keeps us vibrant.	1	2	3	4
I am not worried about any family member's use of intoxicants.	1	2	3	4
I usually feel lively.	1	2	3	4
I have a hobby that I enjoy.	1	2	3	4
We have enough time for the whole family.	1	2	3	4
I am getting enough sleep.	1	2	3	4
There is humour in our family.	1	2	3	4

Future prospects of the family	Agree	Partially agree	Partially disagree	Disagree
The family's economy is secured.	1	2	3	4
We are not worried about becoming unemployed.	1	2	3	4
The future prospects of the family are optimistic.	1	2	3	4
Religious or spiritual values give us strength.	1	2	3	4
We have sufficient strength to survive in this situation in life.	1	2	3	4

Other factors that give me/my family strength and energy

Other factors that burden our situation in life