

## ***EVERYDAY RESOURCES FOR FAMILIES WITH AN INFANT***

***Dear mother and father,***

Life with an infant 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 an infant. 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. You can also bring out questions about your family and the strengths in the child health clinic. If you are a single parent you can fill in those parts of the questionnaire that seem relevant.

**Choose one of the four alternatives which best describes your situation in life.**

**The form was filled by:** Mother\_\_\_ Father\_\_\_ Mother and father together\_\_\_ (Mother fills in with an X and father with an O)

**The age of the child:** \_\_\_\_year(s) \_\_\_\_month(s)

	Agree	Partially agree	Partially disagree	Disagree
<b>The life situation in families with an infant</b>				
I have been able to prepare myself for the changes that the infant 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
<b>Parenthood and caring of the infant</b>				
I have enough time for my child	1	2	3	4
It is usually easy for me to understand what the infant needs	1	2	3	4
It is usually easy for me to meet the infant's needs	1	2	3	4
I have the courage to work with the negative feelings I have towards the child	1	2	3	4
The infant's personality/temperament matches my expectations	1	2	3	4
I am not worried about anything in the infant's development	1	2	3	4
I have numerous pleasant moments with my child	1	2	3	4
I can take care of my child	1	2	3	4
I can work with my feelings of insecurity	1	2	3	4
I can set boundaries for the infant	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
<b>Partner relationship</b>				
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 intimate	1	2	3	4
We can talk about our sexual life	1	2	3	4
We can argue with each other and then settle our differences	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 caring the infant	1	2	3	4
We aim at doing pleasant things together	1	2	3	4

	Agree	Partially agree	Partially disagree	Disagree
<b>Family support network</b>				
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
<b>Health and lifestyle of the family</b>				
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
<b>Future prospects of the family</b>				
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?**

In case you wish to use the form, please contact the copyright holder: Tuovi Hakulinen-Viitanen, National Institute for Health and Welfare, [tuovi.hakulinen-viitanen@thl.fi](mailto:tuovi.hakulinen-viitanen@thl.fi)