

A QUESTIONNAIRE FOR IDENTIFYING THE FACTORS THAT STRENGTHEN AND BURDEN PARENTS EXPECTING THEIR FIRST CHILD

EVERYDAY RESOURCES FOR FAMILIES EXPECTING THEIR FIRST CHILD

Dear mother and father,

Expecting and nursing the firstborn child includes great physical, psychological and social changes which can strain the parents. It is easier to adapt to the changes if you can prepare yourself for them already during the pregnancy. It is useful for the parents to think about the different aspects and talk about them with each other.

For this form we have gathered questions which are central to families expecting a child and which the parents would be advised go through on their own and together. 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. It is equally important to be aware of the strengths in yourself and your whole family. You can also bring out questions about your family and the strengths in the maternity clinic. If you are a single parent you can fill in those parts of the questionnaire that seem relevant.



Choose the alternative 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)

RESOURCE BAROMETER FOR PARENTS EXPECTING THEIR FIRST CHILD

	Agree	Partially agree	Partially disagree	Disagr ee
HEALTH AND LIFESTYLE				
1. I feel healthy	1	2	3	4
2. I am usually in a light and good state of mind	1	2	3	4
3. I feel trustful about the upcoming delivery	1	2	3	4
4. I am aware that intoxicants (alcohol, drugs) have a negative impact on the fetus	1	2	3	4
5. I am aware that intoxicants (alcohol, drugs) have a negative impact on my health	1	2	3	4
6. I know that smoking has a negative impact on the development of the fetus	1	2	3	4
7. I am not worried about any family member's use of intoxicants	1	2	3	4
8. I am usually energetic and lively	1	2	3	4
9. In my opinion, I am getting enough sleep	1	2	3	4
10. I aim at maintaining regular mealtimes.	1	2	3	4
CHILDHOOD EXPERIENCES				
11. I was well taken care of as a child	1	2	3	4
12. My childhood home was safe	1	2	3	4
13. I was accepted for who I was	1	2	3	4
14. My own childhood experiences do not come across as burdensome	1	2	3	4
PARTNER RELATIONSHIP				
15. We are able to talk about our feelings	1	2	3	4
16. We are able to talk about things that cause disagreement	1	2	3	4
17. Our relationship does not contain physical violence	1	2	3	4
18. Our relationship does not contain mental violence	1	2	3	4
19. We try to divide household chores flexibly and fairly between us	1	2	3	4
20. We show each other affection	1	2	3	4
21. I know that our sexual life can be affected by the child's birth	1	2	3	4
22. We can talk about our sexual life	1	2	3	4
23. We aim to arrange time together (and for our shared hobbies)	1	2	3	4
24. We give our partner privacy and their own time	1	2	3	4
25. I know that a good relationship is important for the well-being of the whole family	1	2	3	4
26. I am prepared to make an effort to develop our relationship	1	2	3	4
	Agree	Partially agree	Partially disagree	Disagr ee
BECOMING A PARENT AND PARENTHOOD				

27. Pregnancy and birth are a natural change in my life	1	2	3	4
28. I am feeling confident about learning to take care of my child	1	2	3	4
29. I know that the feelings towards the child develop during pregnancy, birth and the caring for the baby	1	2	3	4
30. I know that negative feelings are also a part of pregnancy	1	2	3	4
31. I know that the example of parenting which I got from my parents affects my own parenting	1	2	3	4
32. I know that I can learn to act differently as a parent than my parents	1	2	3	4
33. 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
34. I know where I can get more information about parenting and caring for the child	1	2	3	4
35. We have sufficient knowledge of how to take care of a household (such as cooking, washing, cleaning)	1	2	3	4
36. 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
37. I believe I will adapt well to the changes that the child brings about in everyday life	1	2	3	4
SOCIAL SUPPORT				
38. I have at least one person who I can turn to if I need help and support	1	2	3	4
39. I know that I can get help from my own or my partner's parents if necessary	1	2	3	4
40. I can share experiences with a family/families who are expecting or have children	1	2	3	4
41. I know when I can turn to the maternity clinic	1	2	3	4
42. I have enough information about the services that our residential environment provides families with children	1	2	3	4
ECONOMY, EMPLOYMENT AND HABITATION				
43. I am not worried about our economic situation	1	2	3	4
44. I am content with our present residential environment	1	2	3	4
45. Our home is suitable for families with children	1	2	3	4
46. Unemployment or the risk of unemployment does not burden our family	1	2	3	4
47. My or my partner's work/studies do not strain our family too much	1	2	3	4
48. 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:

OTHER FACTORS THAT BURDEN OUR SITUATION IN LIFE:

In case you wish to use the form, please contact the copyright holder: Tuovi Hakulinen-Viitanen, Research Director, PhD, Adjunct Professor, National Institute for Health and Welfare, Mail address: P O Box 30, FI-00271 Helsinki, tuovi.hakulinen-viitanen@thl.fi