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BABY

EXPECTING PARENTS

ENVIRONMENT

		I feel confident	Some day's are hard	I'm struggling	Help!	I feel helpless
 Growth & Development	<b>The baby is growing and developing well.</b> I feel my baby move.					
 Preparations	<b>I'm informing myself about what I need to arrange for the arrival of my baby:</b> prenatal screening, maternity care, childcare, legal acknowledgment, parental authority, etc.					
 Bond with my baby	<b>My baby is welcome.</b> I connect with my baby and am curious about the baby.					
 Care & Safety	<b>I am able to give my baby what they need:</b> food, clothes, hygiene, a safe and healthy environment, medical care and loving attention.					
 Parenting expectations	<b>I am looking forward to becoming a parent (again).</b> I have a good understanding of parenthood and life with a child.					
 Pregnancy, Birth & Postnatal period	<b>The pregnancy is going well, and I usually experience it positively.</b> My partner and I are well-prepared for the childbirth.					
 Health & Self-care	<b>I live healthily and take good care of myself:</b> I eat healthily, sleep well, move enough, and relax. I do not use alcohol or drugs. I do not smoke or vape.					
 Feelings	<b>I can manage my feelings.</b> I can talk about my happiness, uncertainty, sadness, and fears.					
 Relationship and Partner's Role	<b>I feel supported by my partner.</b> My partner and I are experiencing the pregnancy together. We will share the responsibilities.					
 Sexuality	<b>Changing needs regarding sex and contraception after childbirth.</b> We discuss our desires, boundaries, and feelings and understand each other.					
 Family, Faith & Culture	<b>Our family is doing well, and we are healthy.</b> We talk about topics and habits that are important to us.					
 Work, Money & Housing	<b>We have good living conditions, and our finances are in order.</b> There is work, sufficient money, and we live well in a safe neighborhood.					
 Life events	<b>I talk about beautiful and unpleasant things that have happened.</b> I dare to ask for support and know who I can turn to.					
 Support from others	<b>My family has sufficient support.</b> Family and friends are there for us. Care providers help us if needed.					
 Information & Media use	<b>I know where to find reliable (online) information.</b> I can handle advice and expectations. I can make my own choices.					
	<b>What do I need now?</b>	Confirmation	Advice	Extra care	Immediate care	A lot of care