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			I feel confident	Some day's are hard	I'm struggling	Help!	I feel helpless
BABY	 Growth & Development	My baby is off to a good start. The baby is growing, alert and content, and responds to voice and touch.					
	 Feeding & Sleeping	My baby drinks and sleeps well. I can recognise my baby's hunger cues and feed them myself.					
	 Bond with my baby	My baby is welcome. I connect with my baby and respond to their needs.					
	 Care & Safety	I am able to give my baby what they need: food, clothes, hygiene, a safe and healthy environment, medical care and loving attention.					
	 Experience of parenthood	I can enjoy being a parent. We are adjusting to the baby's arrival and the changes in our family.					
	 Pregnancy, Birth & Postnatal period	I experienced the pregnancy, birth and postnatal period in a positive way. I felt (or feel) supported, safe and heard in the decisions that had to be made.					
PARENTS	 Health & Self-care	I'm recovering well and taking care of myself. I rest, eat healthy, stay active and avoid alcohol, drugs, smoking and vaping.					
	 Feelings	I am able to deal with my emotions. I can talk about my happiness, doubts, sadness and fears.					
	 Relationship and Partner's Role	I feel supported by my partner. We are experiencing the arrival of the baby together and are sharing responsibilities.					
	 Sexuality	Sex after birth, future children, and contraception. We talk about our needs, boundaries and feelings, and we understand each other.					
	 Family, Faith & Culture	Our family is doing well, and we are healthy. We talk about topics and habits that are important to us.					
ENVIRONMENT	 Work, Money & Housing	We have good living conditions, and our finances are in order. There is work, sufficient money, and we live well in a safe neighborhood.					
	 Life events	I talk about beautiful and unpleasant things that have happened. I dare to ask for support and know who I can turn to.					
	 Support from others	My family has sufficient support. Family and friends are there for us. Care providers help us if needed.					
	 Information & Media use	I know where to find reliable (online) information. I can handle advice and expectations. I can make my own choices.					
	What do I need now?			Confirmation	Advice	Extra care	Immediate care