

Day in My Life (Prebirth Child)

Your own history

- Did you and the baby's father or co-parent have a good experience of being parented?
- Do you still have contact with your family/ies? And is this helpful?
- Have either of you had any help from mental health services?
- Have either of you had any help from substance misuse services?
- Has there ever been any domestic abuse or control issues in your relationship?
- Have you had any support from a social worker
- Have you had any other children?
- Are you caring for them now?

Your life style

- Do you (both) perceive yourselves to have a healthy diet? Do you feel you have a good diet?
- Do you (both) drink alcohol or use substances?
- Do you (both) plan to drink alcohol or use substances after the baby is born?
- Are either of you taking any prescribed medication that might need to be reviewed prior to your baby's birth?
- Are you in touch with local friends and family? How do relax, unwind and spend time together?
- Do your friends and family have their own children?
- Do you live in your own home? Will your plans change after the baby arrives?
- Do you have any pets? Might these be a risk to a new born baby?

Practical arrangements

- Was your baby planned? Are you both excited?
- Does a health care professional know about the pregnancy? When did you let them know?
- Have you managed to get to ante natal appointments?
- Do you have equipment for your baby? E.g. Moses basket/cot, pram or pushchair, car seat, feeding equipment, clothes?
- Do you have enough room for your baby?
- Is your housing adequate? e.g. is there mould, rooms that can't be used? broken door entry?
- If you and the father/mother are not living together have you thought about how you might manage this in the future? Do you have any worries or concerns about this?
- Are you and/or the mother/father working?
- Do you have any transport?
- Do either of you have any physical or learning needs that might make caring for a baby more difficult?
- Do you have any money worries about after the baby is born? Are you in receipt of all your benefit entitlements?
- Are you aware that the safest place to put your baby to sleep is in their own cot, on their back, with their feet to the bottom of their cot? They should be asleep on a firm mattress and the cot should be in the parent's bedroom for the first 6 months. Your baby's cot needs to be free of clutter e.g. no teddy bears or pillows.

How we get tips and support to be a good parent

- Do you have good parent role models that you can learn techniques and tips from?
- What do you think about asking professionals for help? Who might you ask for help if you are feeling tired and/or low, or need any other advice?
- Are there worries that your baby may have additional needs? How do you feel about meeting these needs if this is your first baby or you are caring for other children at the same time? Is there any help you could do with?
- Do you have any language or communication issues that might make getting new information and parenting more difficult?