PRENATAL QUESTIONNAIRE

1. Often when we're pregnant, we don't really know what to expect after the baby comes. How long do you expect it will take you to feel comfortable with your new role as mother? Please choose one.

- ☐ two weeks
- ☐ six weeks
- ☐ three months
- ☐ six months
- ☐ twelve months
- ☐ don't know

2. When we're pregnant we often don't think about what we might need after the baby is born. Do you think you will need help your baby is born? If so, what kind? (Practical help, help with baby, help with breastfeeding, emotional support, etc.)

3. Do you and other pregnant women you know feel that it's all right to ask for help adjusting to the role of new mother in this society? Why or why not?

4. As one postpartum support group leader said, “No one ever really feels prepared for a new baby." Do you feel prepared for motherhood? Why or why not?

5. Is there someone you would feel comfortable talking to about birth, the baby, your feelings, questions, and doubts after the baby is born? If so, who is it?

6. Is there a support center or group in your community that you joined or visited during your third trimester to talk or learn about life with baby? What group was it, and how did it help?

7. Is there a support group (e.g., mother's support group) you know of and/or plan to join or contact after your baby is born? What is it, and what does it do?

8. Who do you think will be your greatest source of support and help after your baby is born?

9. Many diverse cultures have postpartum traditions that support and honor the new mother. Are there any traditions or customs in your own cultural heritage that will occur after your baby is born (e.g., special foods, relatives coming to help, older women in the community offering advice and support, special baths or massages for the new mom, or other rituals)?