

Attachment is the bond my child develops with me

The experience
of pregnancy

How do I
feel about
the pregnancy?

My baby is developing in my belly

Fetal growth from 8 to 40 weeks



I get ready for
baby's arrival



What I feel
when I think
about my baby

I can't
wait to hold
you in my
arms and see
what you
look like.

How will
the birth go?
How can I
prepare for it?

I get ready to give birth

Examples of questions and suggestions of topics to discuss with the parent(s) during follow-up

The questions can be addressed to the mother, father or other parent

Adjust the questions to the parent's intervention level

The experience of pregnancy

What I feel when I think about my baby

Interest in the pregnancy and the unborn child (affection and closeness)

- Would you like to tell me about your first reaction when you found out you were expecting a baby?
- How did your family and friends react to the news of your pregnancy (relatives, friends)?
- What changes will pregnancy cause for you? For your relationship with your partner?
- How does it make you feel when you feel the baby move?
- Are there things that you feel worried or stressed about?
- When you think of your baby, how do you imagine them?
- Some parents describe pregnancy as totally blissful, but it's not like that for all parents. Sometimes mothers don't enjoy being pregnant or the other parent is worried about the unborn baby. This is totally normal. How do you feel? How does the other parent feel?
- How do you think you'll be as a parent once your baby is born?

My baby is developing in my belly

Preparation for labour and delivery (commitment)

- What is baby doing in your belly? What can they feel?
- Do you think it is easy to find information about child development?
- Would you like to learn more about their development?
- Does what you know about the baby's development influence your habits? Like stroking your belly, talking to them? Does doing this make you feel closer to them?

I get ready for baby's arrival

Preparation for the baby's arrival (commitment)

- What do you think your baby will need when they are born?
Ask this question to start the discussion and say that the baby mainly needs warmth, comfort and someone to be with them.
- How are you getting ready for the birth of your child (e.g., crib, clothes, diapers, etc.)?
- Do you have any idea what equipment you need to have for your child? Would you like for us to talk about it? What do you think is most important?

I get ready to give birth

Preparation for labour and delivery (commitment)

- How do you plan to get ready to give birth (e.g., information on giving birth, birth plan, transportation, babysitting, list of what to bring with you, prenatal classes)?
- What do you know about giving birth?
- How did you get information about giving birth (if any)? Were the examples positive or negative? What scares you or reassures you?
- Involve the father or other parent or person who will be there during the birth: How do you think you can help during labour and delivery?

Examples of questions and suggestions of topics to discuss with the parent(s) during the assessment before changing level

- How was the pregnancy?
- How did the birth go?
- When the baby was born, did you feel ready to welcome them into your life?
- How did you feel when you held your baby in your arms for the first time?

After the baby is born, do an assessment with the parent on the prenatal period. To stimulate discussion, tell the parent what achievements/strengths you have observed by giving them concrete examples of behaviours and adjusting the questions to the intervention level. Discuss the challenges they feel they are facing in their parenting role and identify aspects they would like to develop or improve (adjust the IP-IIP¹, ISP as needed).