

Healthcare during pregnancy and my family's lifestyle

Pregnancy care



Behaviours to adopt for a healthy family

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

Pregnancy care

Use of prenatal medical care

- How is the medical follow-up for the pregnancy going? How do you feel about the doctor/midwife?
- Have the recommended tests been done?
Ask this question to open up dialogue on fears, understanding of what tests have to be done, transport problems, etc.
- Do you have any pregnancy related discomforts, how do you manage them?
- Do you know the reasons why you would need to see a doctor quickly during pregnancy?
- How do you feel about the ways your body is changing during pregnancy?

Behaviours to adopt for a healthy family

Interest in healthy lifestyle habits and application of recommendations during pregnancy

- How is your mood? Have there been any changes since you learned you were going to have a child?
- Are you worried about anything?
- What do you do to take care of yourself?
- What do you eat for your meals? Do you know of any foods that could help your baby develop well during pregnancy?
- Are you physically active (e.g., walking, biking)? Do worries about your baby prevent you from doing physical activities? Would you like to know about activities that would be good for you and your baby?
- What do you know about drinking alcohol during pregnancy?
- What do you know about smoking or using cannabis during pregnancy?
- What are your habits when it comes to smoking, drinking or using other drugs during pregnancy?
- Have you thought about breastfeeding? Do you want to talk about it?
- What are your toothbrushing habits?
- Of all the recommendations you have been given, are there any that are especially important to you? If so, which ones?

Examples of questions and suggestions of topics to discuss with the parent(s) during the assessment after the child is born

After the child is born, do an assessment of the prenatal period with the parent. To spark discussion, tell the parent which achievements/strengths you have observed by giving them concrete examples of their 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).

- How do you feel the medical follow-up went during pregnancy?
- Did you make any changes to your lifestyle during pregnancy (e.g., diet, alcohol, tobacco, physical activity)?