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| **Questions** | **Responses** | **Notes** |
| **Emotional connection with baby**   * Do my parents talk to me? * Are my parents excited to meet me? * Do I have a name? * Was I planned? * Who are the most important people who are going to help look after me? |  |  |
| **Diet / Lifestyle**   * Does my mother have a healthy diet? * Is my mother following the midwife’s advice about eating and drinking? * Does my mother drink alcohol or use drugs, including tobacco, or are these around me? * Can you tell me what changes my mother wants to make to reduce her alcohol/drug tobacco use? |  |  |
| **Appointments**   * Do I get seen regularly by midwives? * Am I seen at planned scans? * Do I go to all appointments made for me? |  |  |
| **Relationships / Extended Family**   * What would my family and network say they are most looking forward to about my arrival? * Who in the family network are able to help and support my parents? * What was my parent’s childhood like? How has this impacted upon them as adults? What would they say is their biggest learning from the parenting they received? What would they do the same or do differently? * When I am born where will I live and who will look after me? |  |  |
| **Questions** | **Responses** | **Notes** |
| **Relationships / Extended Family continued**   * What is the best things about my parent’s relationship? What is your biggest worry about my parent’s relationship? Are my parents in a new relationship? |  |  |
| **Prep for baby**   * Are my parents prepared for me to arrive and able to give me what I need? * Will I have a safe place to sleep? * Have my parents learnt how to care for me? * Have my parents been learning what I will need to be safe? |  |  |
| **Home conditions**   * Am I exposed to second-hand smoke at home? * Do both my parents feel safe at home? * Do my parents have spaces to eat, wash and sleep which are safe and clean? * Would I be safe in the current home conditions? |  |  |
| **Mental Health**   * Am I exposed to high levels of stress hormones? * Does my mother worry a lot about me? * Does thinking about me make my mum feel better or worse? * What medications does my mother take or are around me? * Do any adults living with my mum suffer with mental health problems? |  |  |
| **Domestic Abuse**   * Does my mum feel safe? * Does my dad feel safe? * Have I been hurt by one of my parents? * Am I exposed to high levels of stress hormones because my mum is scared? |  |  |
| **Finances**   * Do my parents have any money worries, which is making it more difficult for them to buy me things? * Will my parents be able to buy my milk and nappies? |  |  |
| **Questions** | **Responses** | **Notes** |
| **Finances continued**   * Does thinking about money make my parents anxious? * Will I have a secure home to live in? |  |  |
| **Wider Community Support**   * Is there anyone else supporting my parents to prepare for me? |  |  |

***October 2023, reformatted July 2025***