



What is important for our family? And how are we doing?

		I feel safe	Some days are hard	I'm struggling	Help!	I feel helpless		
BABY	1. Growth / Development Baby 	The baby in my womb is growing well: <ul style="list-style-type: none"> - I attend prenatal check ups with a midwife/gynaecologist 						
	2. Love / Bond with my baby 	We welcome our baby: <ul style="list-style-type: none"> - I am curious about our baby - I am looking forward to his/her arrival 						
	3. Care / Safety 	We think about the needs of our baby: <ul style="list-style-type: none"> - Food, care, clothes, medical care, - hygiene, heating/cooling, safe place to sleep, supervision and attention 						
	4. Perception of parenthood 	I am looking forward to being a parent: <ul style="list-style-type: none"> - I talk about the questions or concerns I have 						
PARENT	5. Pregnancy and Birth 	The pregnancy is going well: <ul style="list-style-type: none"> - I feel well prepared for the birth and the postnatal period - My experience of pregnancy is positive 						
	6. Health / Self-care 	I have a healthy lifestyle: <ul style="list-style-type: none"> - I eat and sleep well and I am active - I take good care of myself - I avoid smoking, alcohol and drugs 						
	7. Feelings 	I can handle my feelings: <ul style="list-style-type: none"> - I talk about my joy, uncertainty and fears of the events ahead - I can handle stress 						
	8. Partner / Allocation of tasks 	I feel supported by my partner: <ul style="list-style-type: none"> - We are experiencing the pregnancy together - We agree on the allocation of tasks 						
ENVIRONMENT	9. Family situation 	Our family is doing well: <ul style="list-style-type: none"> - We are healthy and fit - There is work and enough money - We have a nice house - We are not troubled by past traumatic even! 						
	10. Support by others 	My family gets enough support: <ul style="list-style-type: none"> - From family, friends and relatives - From other professional organisations 						
WHAT DO WE NEED NOW?								

GOM 'voor de geboorte'

