











What is important for our family? And how are things going?

	Baby	Parent	Environment
Baby	1. Growth / Development 	Our baby got off to a good start: <ul style="list-style-type: none"> - is drinking, sleeping, growing well - is alert and happy - responds to voice, smell and touch 	
	2. Love / Bond with my baby 	Our baby is welcome: <ul style="list-style-type: none"> - I accept my baby, give him/her attention, respond to his/her needs - I take his/her vulnerability into account 	
	3. Care / Safety 	We are able to give the baby what he/she needs: <ul style="list-style-type: none"> - food, care, clothes - a safe place to sleep, hygiene, - medical care, supervision and attention 	
	4. Perception of parenthood 	I enjoy being a parent: <ul style="list-style-type: none"> - I talk about the questions or concerns I have 	
Parent	5. Childbirth / Postnatal period 	Childbirth was a positive experience: <ul style="list-style-type: none"> - appropriate measures were taken in response to any complications 	
	6. Health / Self-care 	I am recovering well: <ul style="list-style-type: none"> - I take good care of myself - I get enough rest - I have a healthy lifestyle 	
	7. Feelings 	I can handle my feelings: <ul style="list-style-type: none"> - I talk about my joy, uncertainties, doubts and fears - I can handle stress 	
	8. Partner / Allocation of tasks 	I feel supported by my partner: <ul style="list-style-type: none"> - We experienced the birth 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 events 	
	10. Support by others 	My family gets enough support: <ul style="list-style-type: none"> - From family, friends and relatives - From other professional organisations 	

I feel safe



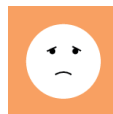
Some days are hard



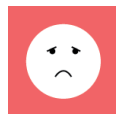
I'm struggling



Help!



I feel helpless



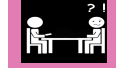
Basic care



Advice



Extra care



Care now!



A lot of care

