

Day In My Life: Unborn Baby

Questions	Responses	Notes
<p>Emotional Connection with Baby</p> <ol style="list-style-type: none"> 1. Does my mother talk to me? 2. Are my parents excited to meet me? 3. Do I have a name? 4. Was I planned? 5. Do I have a father who will help care for me? 		
<p>Diet / Lifestyle</p> <ol style="list-style-type: none"> 1. Does my mother have a healthy diet? 2. Is my mother following the midwives advice about eating and drinking? 3. Am I exposed to alcohol or substances including tobacco? 4. Is my mother working to reduce my exposure to substances/alcohol/tobacco 		
<p>Appointments</p> <ol style="list-style-type: none"> 1. Do I get seen regularly by midwives? 2. Am I seen at planned scans? 3. Do I go to all appointments made for me? 		

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<p>Relationships / Extended Family</p> <ol style="list-style-type: none"> 1. Is there extended family that are excited to meet me? 2. Do I have family that will help my parents prepare for me? 3. Did my parents have good examples of how to care for me? 4. Are my parents going to care for me together? 5. Do my parents live together? 6. Do my parents like each other? 7. Are my parents in a new relationship? 		
<p>Prep For Baby</p> <ol style="list-style-type: none"> 1. Can my parents afford to buy me all I need? 2. Will I have a safe space to sleep? 3. Have my parents learnt how to care for me? 4. Have my parents been learning what I will need to be safe? 		
<p>Home Conditions</p> <ol style="list-style-type: none"> 1. Am I exposed to second-hand smoke at home? 2. Does my mother feel safe at home? 3. Does my mother have somewhere to sleep that is secure? 4. Would I be safe in current home conditions? 		

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<p>Mental Health</p> <ol style="list-style-type: none"> 1. Am I exposed to high levels of stress hormones? 2. Does my mother worry a lot about me? 3. Does thinking about me make my mum feel better or worse? 4. Am I exposed to medications? 5. Do any adults living with my mum suffer with mental health problems? 		
<p>Domestic Abuse</p> <ol style="list-style-type: none"> 1. Does my mum feel safe? 2. Does my dad feel safe? 3. Have I been hurt by one of my parents? 4. Am I exposed to high levels of stress hormones because my mum is scared? 		
<p>Finances</p> <ol style="list-style-type: none"> 1. Can my parents afford to buy all that I need to be safe? 2. Will my parents be able to buy my milk and nappies? 3. Does thinking about money make my mum anxious? 4. Will I have a secure home to live in? 		

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<p>Wider Community Support</p> <ol style="list-style-type: none">1. Is there anyone else supporting my parents to prepare for me?		