

An accessible questionnaire for parents-to-be

Name: Date:

This questionnaire has been made to help improve parenting programmes or parenting support schemes.

We would like you to answer the following questions which ask how you are feeling about becoming a parent.

There are no right or wrong answers. Some words can mean different things to different people, this is about what these words mean to you.

You will not be compared with other parents and your answers will be kept private.













For more information contact:

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This section is about love and comfort.

Please read the statements below and **circle** the face that shows us how much you agree with each statement.

	Agree a lot	Agree a bit	Don't know
1. I will show my baby I love them			
2. I know my baby will want me to comfort them if they are unhappy			
3. I will have a good bond with my baby			
4. I will find it easy to comfort my baby			











This section is about play and enjoyment.

Please read the statements below and **circle** the face that shows us how much you agree with each statement.

**Agree
a lot**













**Agree
a bit**

**Don't
know**

5. I will like watching my baby grow up			
6. I will have good times with my baby			
7. I will plan fun activities for my baby			
8. I will play with my baby			

This section is about understanding your baby.












Please read the statements below and **circle** the face that shows us how much you agree with each statement.

	Agree a lot	Agree a bit	Don't know
9. I will help support my baby to do the best they can			
10. I will talk nicely to my baby			
11. I will know how my baby is feeling			
12. I will know what my baby wants from me			

This section is about knowing what to do as a parent.

Please read the statements below and **circle** the face that shows us how much you agree with each statement.












Agree a lot **Agree a bit** **Don't know**

13. I will look after my baby in the way I think is best for them			
14. I will know that it's okay to not agree with other parents' advice			
15. I will know who to reach out to for help and support			
16. I will ask for help from professionals if I need to			

This section is about respecting yourself as a parent













Please read the statements below and **circle** the face that shows us how much you agree with each statement.

Agree a lot **Agree a bit** **Don't know**

17. I will be a good parent			
18. I will do my best as a parent			
19. I will do most things as a parent			
20. I will make my baby feel safe with me			

This section is about learning as a parent.

Please read the statements below and **circle** the face that shows us how much you agree with each statement.

	Agree a lot	Agree a bit	Don't know
21. I will notice changes in what my baby can do as they grow up			
22. I will share good ideas with other parents			
23. I will learn and use new skills to look after my baby			
24. I will solve most problems with the right help and support			

This accessible questionnaire was developed in association with parents with learning disabilities and parent advocates from the Elfrida Society Peer Support Group and Mencap.