

**Connecting Pregnancy
Self-Inventory**

	Often	Sometimes	Never
I make sure I get some exercise everyday			
I am careful to eat foods that are good for me and my baby			
I have people I can count on if I need them			
I have a good relationship with the baby's father			
I feel that I have something meaningful to do with my time			
I have a good understanding of what is happening to my body			
I feel good about the health care that is available to me			
I know where to find information about services in my community for me and my family			
I am happy that I am having (or have had) a baby			

The area that I need to work on the most is _____

Connecting Pregnancy Family Assessment

Your responses should refer to the family you grew up in. Take turns with your partner and share your thoughts with each other.

The amount of experience I have caring for children is....

I am excited about parenting because...

I am nervous about parenting because...

When I was growing up, my family and I loved...

My parents treated each other with...

My parents disciplined me in this way....

Good behaviour was rewarded with...

The person in charge of my family was...

Things I want to change for my own family...

Things I want to continue with my own family...

Connecting Pregnancy

Who will do the following tasks:

Who will...	Me	Partner (or family member)	Both	Unsure
Feed the baby				
Change Diapers				
Bathe the baby				
Take baby to health checks				
Take care of baby at night				
Decide on foods to eat				
Shop for groceries				
Laundry				
Housecleaning				
Pay bills				
Decide on how money is spent				
Bring in income				
Plan family social time				
Decide on birth control				
Plan child care				