



SELF-ASSESSMENT

Congratulations, you are pregnant! . . . Wait a minute, how do you feel about it? Already a parent, how are you doing?

Our culture and health care providers typically assume you are excited about the news, you are supposed to be, right? The reality is 50% of pregnancies are unplanned, some are untimely or take the newly expectant parents by surprise. Initial responses are sometimes confusion, and may raise concerns and doubts about what is ahead, or be experienced as a long rollercoaster ride of emotions.

The first doctor's visit often follows a home pregnancy test, time has passed since the initial results, and whether you are both there, or the woman alone – will she be asked about "his" reaction? You may have many questions about what lies ahead because this little human being will not come with a "return policy." Are you ready to place the needs of your baby ahead of your own? Fortunately, you have months to prepare, emotionally. If you had difficulty getting your emotional needs met as a child, this may be more challenging for you. As an adult, you may have placed significant importance on making sure you take time for yourself, and this may potentially conflict with baby's needs, and the other parent's needs for support.

This Self-Assessment is to help you identify any possible areas of vulnerability. Keep in mind, we are all challenged in some ways when we do something we have never done before. Pregnancy and early parenting is stressful because many adjustments are required. Place a check next to items relevant to your experience.

Growing Up

- Childhood abuse (emotional, physical, sexual)
- Domestic Violence
- Parents (emotionally, physically) unavailable or unpredictable
- Death of a parent during your childhood
- Substance abuse (yourself, sibling, parent)
- High conflict parental divorce
- Experienced excessive loneliness or sadness
- Harsh discipline

Any Time

- Depression
- Suicide attempt(s)
- Substance abuse
- Overwhelming anxiety
- Traumatic experiences
- Rape
- Abortion(s)
- Prior pregnancy difficulties/losses



SELF-ASSESSMENT

Currently:

- I am having many mixed feelings about being pregnant.
- I am disappointed in my partner's reaction to the pregnancy.
- I feel like my partner has become more distant.
- We are unable to talk to each other about our concerns.
- We have difficulty discussing household responsibilities.
- I am concerned about our finances, and new expenses.
- I am worried I will not be a good parent, or my partner isn't invested in becoming a parent.
- I have fears this baby may be a source of conflict in our relationship.
- We postpone difficult conversations to avoid arguments.
- My partner or I have a history of depression or anxiety, and have concerns this will worsen.
- I am anxious about something happening to the baby.
- I am concerned because my partner and/or I, did not have good role models.
- I am concerned about our ability to function on reduced sleep.

Consider giving Jump Starts a call if you would like to learn more about building a strong, healthy family foundation.