



Being A Parent – Prenatal Retrospective

Name: \_\_\_\_\_ Date: \_\_\_\_\_

**This is a retrospective survey for participants that began services before the birth of their child. This survey should be completed at the end of Family First Services.**

Listed below are a number of statements. **Think back to how you felt before you began this service. Please respond to each item according to how you felt before beginning this service,** indicating your agreement or disagreement with each statement in the following manner:

If you strongly agree, circle the letters SA

If you agree, circle the letter A

If you mildly agree, circle the letters MA

If you mildly disagree, circle the letters MD

If you disagree, circle the letter D

If you strongly disagree, circle the letters SD

		Strongly Agree	Agree	Mildly Agree	Mildly Disagree	Disagree	Strongly Disagree
1.	The problems of taking care of a child are easy to solve once you know how your actions affect your child, an understanding I have acquired.	SA	A	MA	MD	D	SD
2.	<i>*For this question only, think back to right after your baby was born.*</i> Even though being a parent could be rewarding, I am frustrated now while my child is at his/her present age.	SA	A	MA	MD	D	SD
3.	I go to bed the same way I wake up in the morning - feeling I have not accomplished a whole lot.	SA	A	MA	MD	D	SD

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		<b>Strongly Agree</b>	<b>Agree</b>	<b>Mildly Agree</b>	<b>Mildly Disagree</b>	<b>Disagree</b>	<b>Strongly Disagree</b>
4.	I do not know what it is, but sometimes when I am supposed to be in control, I feel more like the one being manipulated.	SA	A	MA	MD	D	SD
5.	My mother/father was better prepared to be a good mother/father than I am.	SA	A	MA	MD	D	SD
6.	I would make a fine model for a new parent to follow in order to learn what they would need to know in order to be a good parent.	SA	A	MA	MD	D	SD
7.	Being a parent is manageable, and any problems are easily solved.	SA	A	MA	MD	D	SD
8.	A difficult problem in being a parent is not knowing whether you're doing a good job or a bad one.	SA	A	MA	MD	D	SD
9.	Sometimes I feel like I'm not getting anything done.	SA	A	MA	MD	D	SD
10.	I meet my own personal expectations for expertise in caring for my child.	SA	A	MA	MD	D	SD
11.	If anyone can find the answer to what is troubling my child, I am the one.	SA	A	MA	MD	D	SD
12.	My talents and interests are in other areas not in being a parent.	SA	A	MA	MD	D	SD
13.	Considering how long I've been a mother/father I feel thoroughly familiar with this role.	SA	A	MA	MD	D	SD
14.	If being a mother/father of a child were only more interesting, I would be motivated to do a better job as a parent.	SA	A	MA	MD	D	SD
15.	I honestly believe I have all the skills necessary to be a good mother/father to my child.	SA	A	MA	MD	D	SD
16.	Being a parent makes me tense and anxious.	SA	A	MA	MD	D	SD