

## **Labor, Delivery and Birthing Process Attachment Questions**

Here are some examples of labor, delivery and birthing process attachment questions to use with parents to explore their feelings about, and their attachment to, their baby. These questions are designed to be asked during visits taking place shortly after the birth of the baby to help Family Support Specialists learn about parental strengths and concerns related to attachment and bonding.

- Most parents of newborns feel they are not getting enough sleep or support. How much rest are you getting? What kind of support are you receiving?
- What was your pregnancy like with this baby?
- How was this pregnancy different from other pregnancies you've experienced?
- Every parent I've talked to has an interesting story about the birth of their baby. What is your labor and birthing story?
- How were you treated during your labor and delivery? What would you have liked to be different?
- What thoughts or concerns did you have about the baby's safety and health during the birthing process?
- What was the first thing anyone in the delivery room said after the birth of the baby? How did you feel about those comments?
- What are your first impressions of your baby?
- What were you hoping for? A boy or a girl? It's common for parents to be secretly disappointed in the gender of their newborn. How do you feel about the gender of your baby?
- Who was with you during labor and delivery? How were they supportive or not helpful?
- What does your baby mean to your extended family?
- Many families have traditions around naming their children. How was your baby's name chosen?

- How are your other children reacting to having a new baby in your home?
- How it has been for you and baby since his/her birth? Whose needs are coming first these days? How often do both/all of you sleep and eat?
- You've already told me some things you've learned about this baby. What else do you know about her/him?
- What are your thoughts about your baby's temperament—is he/she especially easy-going or especially irritable/difficult to console?
- With a new baby in their home, parents always learn new things about themselves. What have you learned about yourself as a parent since the baby was born?
- Concerns and babies go together. What concerns do you have about your baby and how you will care for her/him?
- What have you found that works to calm and comfort this baby?
- Most newborns seem to cry a lot. Does your baby cry a lot? What have you found that consoles him/her? What do you or your partner feel when he/she cries?
- What do you like best about your baby and being a parent?
- Even parents who are very happy with their new babies would change one or two of their child's physical features or personality traits, if they could. Are there things about your baby you wish you could change?
- How did you expect your baby would look? How does he/she look different? Is her/his coloring, hair, size, or personality different than you expected?
- Who does your baby look like? How do you feel about your baby's physical appearance?