

Prenatal Attachment Questions

The following Prenatal Attachment questions are examples of how to ask parents during their pregnancy what support they might need when exploring their feelings about their baby. Such questions help Family Support Specialists learn more about parental strengths and concerns related to attachment and bonding. These Prenatal Attachment questions are designed to be used to facilitate the attachment process.

- When parents first learn about a pregnancy, they have all sorts of feelings. When you first found out you were pregnant, how did you feel?
- How are you feeling now, physically and emotionally, about being pregnant/having a baby?
- Tell me what this baby means to you and your family.
- What do you think your partner's feelings are about this pregnancy? How is he/she showing support? How does he/she want to be involved? How do you feel about that?
- All families and cultures have beliefs about and things they do during pregnancy to protect the baby. In your family and culture, what are your beliefs about talking about, planning for, and caring for babies before they are born?
- I wonder what your baby looks like right now. Have you seen the baby on an ultrasound? Tell me how you think your baby will look when she/he is born.
- How are you imagining your baby will behave? What do think the baby will be like? What are your thoughts about the baby's cuddliness, will he cry a lot, be easy-going, be irritable, go to sleep easily, smile at you, or be a good or fussy eater?
- Have you named the baby yet? What do you call the baby now?
- Usually parents have images of what their unborn child will someday look like or be. Tell me about your hopes and dreams for your child.
- Are/were you hoping for a boy or a girl? How do you feel about this now?
- For many parents, pregnancies just happen. How did you plan or prepare for this pregnancy?

- How are you planning for the birthing of the baby?
- What you are planning to do to make your labor and delivery an experience you will feel good about? What do you think you can do to make it safe for the baby?
- Tell me about your plans for support during the birthing of the baby.
- Every parent has concerns about the birthing process. What are your concerns?
- What have you discussed with your doctor regarding pain management during labor and delivery? Would you like more information about your options?
- You've already learned so many things about your baby. Let's talk about what you already know about the baby.
- All parents have concerns about caring for their newborns. What concerns do you have?
- Tell me what you are doing now to prepare for the baby. What else would you like to do before the baby comes?
- Did you know that stress you are having can influence your baby's development now? What can you do to reduce your stress and protect your baby?
- I am wondering what you like best about being pregnant? What do you like least?
- How you are planning to feed the baby? What do you think will be best for the baby? Breast or bottle?
- Most parents don't think about having more babies when they are pregnant. Are you planning more pregnancies after the baby comes? What are your thoughts about spacing children?
- How do you talk to and touch your baby now? How does this help the baby feel safe and loved?



- How might this baby be affecting your relationship with your partner? What about your relationship with your family?
- What are your thoughts about preparing your pet(s) for the arrival of the new baby?
- What are your plans for childcare after the baby comes? How are you feeling about having others care for your baby? What are you thinking you can do to ensure the baby's safety and keep the baby close to you?
- If you had to guess, how will this baby change your life?
- Who do you think you can depend on to support you after the baby comes?