

Fostering Family Adjustment Prenatally

Prenatal or preadoption discussion might include the following questions:

- What is the most exciting aspect of your pregnancy?
- What is the most anxiety-provoking aspect of your pregnancy?
- What do you imagine your baby will be like?
- What do you imagine you will be like as a parent? Is there someone you would like to imitate or not imitate as a parent?
- What are the plans for delivery or when you go to bring your adopted baby home? What will the father's role be? Will there be other support for the mother?
- What will the new baby's arrival mean for your lives? How will it affect your relationships? How will it affect your participation in activities or employment?
- Who will be available for support when the baby comes home?
- What does this baby mean to your family?
- If you plan to return to work, who will care for the baby at that time?
- How have you prepared your other children for or otherwise involved them in this pregnancy and birth?

For families that have dealt with special circumstances (e.g., infertility workup, adoption process, previous miscarriage, depressive symptoms, medical complications such as gestational diabetes or preeclampsia), consider asking the following question:

- How has the _____ (infertility workup, adoption process, previous miscarriage, depressive symptoms, medical complication, etc.) affected your anticipation of and preparation for becoming new parents?

See also

Tool for Families: Helping Siblings Adjust to the New Baby, p. 71.

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