

Support Questionnaire



Individually, please read each of the following statements. Next, put an "x" along the continuum in the spot that best reflects your feelings for each. Finally, compare notes with your partner.

1. Parent B is planning to take at least three weeks off after the birth of our babies in order to support Parent A in the early weeks at home.

Strongly Disagree ← (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) → Strongly Agree

2. We have a support network that can help us with household chores so that we can focus on eating, resting and whatever else is needed to effectively care for ourselves and our multiples.

Strongly Disagree ← (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) → Strongly Agree

3. We have family or friends nearby whom we are close with.

Strongly Disagree ← (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) → Strongly Agree

4. We have the financial ability to hire some daytime help for at least 6 months after birth.

Strongly Disagree ← (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) → Strongly Agree

5. We have the financial ability to hire some night help for the first 4-6 weeks.

Strongly Disagree ← (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) → Strongly Agree

6. We have begun researching some community-based help (i.e. Public Health Nurse visits, local volunteer organizations, local multiple births clubs, etc.)

Strongly Disagree ← (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) → Strongly Agree

7. We feel pretty good about our post-partem support plan.

Strongly Disagree ← (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) → Strongly Agree