

Interview Guide – Individual Parent Session

Introduction – Aim – Framework – Conclusion – Summary – Assessment – Evaluation

The Child

Please tell us a little bit about your child.

What do you and your child do together?

Is there anything special that you do together? What do you like to do with your child?

How does your child show you what they need? Is it easy or difficult to understand them?

How does your child show you what they like/dislike?

How do you manage to comfort your child? Do you have any tricks? Do you have any questions, thoughts or concerns about our child?

The Family

How has your relationship changed since having a child?

How are things between you?

How do you share responsibilities for the child and the household?

How do you think things are working?

How do you support each other as parents?

How do you deal with conflicts in your family?

How does the child/children react?

If there are older siblings, how do they react to their new sibling?

What is your contact with friends and relatives like? Do you have any opportunities to receive support/help?

What are your thoughts on parental leave?

Parenthood

What has it been like for you to become a parent?

What do you enjoy about being a parent?

What has been difficult so far?

How are you going with combining your working life with parenthood?

What are you looking forward to in the future?

What kind of parent do you want to be? What do you think is important?

Yourself

**) Always ask this question*

How have you been feeling? *

Has your well-being changed since you became a parent? *

How have you been sleeping? *

Are you worried about anything? *

Have you been feeling more irritated than usual? *

Have you been feeling more stressed than usual? *

Who do you turn to if/when you need support?

What makes you feel good? Are you able to do things that make you feel good?

Whooley questions about mental health:

1. During the past month, have you often been bothered by feeling down, depressed or hopeless?
2. During the past month, have you often been bothered by little interest or pleasure in doing things?

Interview Guide for Staff – Individual Parent Session

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Whooley questions about mental health:

1. During the past month, have you often been bothered by feeling down, depressed or hopeless?
2. During the past month, have you often been bothered by little interest or pleasure in doing things?

*) Follow-up questions for "Yes" responses to either or both Whooley questions:

How long have you felt this way/been depressed? What do you think is the reason?

Have you felt depressed before? When was that?

Did you receive any treatment? What kind and for how long?

Offer the EPDS questionnaire at the same or a follow-up visit.