

## Gathering parent perspectives – survey/discussion questions

NHS Health Scotland wants to improve the information provided to support parents and carers and we are keen to hear your experiences and views on this. *We use 'parent' throughout, but this includes any type of carer (e.g. foster carer) or others with a significant parenting role (e.g. grandparents).* It should take you between 10 and 20 minutes to answer the questions on your own, or a little longer than this if you are discussing them in a group with other parents.

1. Please tell us a little about your pregnancy/family:

How many weeks pregnant are you?	How old is your child / children?
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2. What is the best thing about being a parent? or if you are pregnant, what do you think will be the best thing?

3. What is the hardest thing about being a parent? or if you are pregnant, what do you think will be the hardest thing?

4. Have you read either Ready Steady Baby! / Ready Steady Toddler! / CHANGE resources / Young Parents Guide? Yes  No

**If yes**, what do you think about the resource? You might want to tell us about how you received them, the most useful topics, the layout/style of it, and what could be improved.

	<b>Ready Steady Baby!</b>		<b>Ready Steady Toddler!</b>
	<b>The CHANGE resources</b>		<b>The Young Parent Survival Guide</b>

5. Ready Steady Baby!, covers pregnancy and the first year of a child's life. NHS Health Scotland is considering dividing this up into two publications, one on pregnancy, and one covering 6 weeks to 2.5 years. What do you think about this?

6. How important is it to you to have a printed copy of health information resources? Tell us how you use it, for example, reading ahead, dipping in and out, or when a health professional last referred you to information in it?

7. Do you use websites (inc. video clips) to find health and parenting information and advice?

Yes  No

**If yes**, tell us about which websites you use and when you last went online to search for information or support.



8. Do you use **social media** (e.g. Facebook, netmums, other blogs and forums) for support from other parents on parenting issues? Yes  No

**If yes**, tell us about how you use these:

9. Have you used the Ready Steady Baby app? Yes  No

<p><b>If yes</b>, how did you find using it?</p>	<p>Do you use any other health/parenting related <b>apps</b>?</p>
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10. We currently don't have a parenting resource covering the preschool years 2.5-5 years – what topics do you think parents need information on during this time?

11. What else could be provided by the NHS to help you in your parenting role?

12. Please indicate your parenting role (e.g. mother / father / partner / grandparent / other carer)

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