

Emotional

How are YOU feeling in yourself?
How do you find being a mother?

Social

How is your relationship going?
What interests do you have apart from caring for the baby?
Who shares the work of caring for your baby?
How much time do you get to yourself?

Physical

Pain - perineum, back or breasts?
Haemorrhoids?
Your health - any other problems?
Sex?
Incontinence of urine or faeces?
Coughs and colds
Anaemia
Lack of energy/exhaustion?

EAR



EYES

UNDIVIDED
ATTENTION

HEART