There are people who care about me and who can comfort and reassure me

I have someone with whom to talk and share my experiences

The people closest to me understand that it's okay that I need help

I have someone to talk to about how I feel

There are people who show appreciation for me

There are people who will help me if I need advice

I have someone to rely on when something goes wrong

I will not take care of the baby alone

There are those who will help me with the housework

I have the option to get information on ways to calm / put the baby to sleep

I have the option to get information on dressing the baby / diaper changing

I have the option of getting practical help in calming the baby

I have the option of getting practical help in dressing the baby / changing diapers

I have the option of getting practical help in feeding the baby

I have the option to get information on feeding the baby

I have the option to get information about how to bathe the baby

I have the option of getting practical help in washing the baby

I have the ability to get consistent information about caring for the baby

I have the option to get information on how to treat my body after giving birth