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| **Section Header: PART 1 First, please share your views about the design and delivery of the Nourish Baby course/s you completed.** | | |
| The amount of information provided in each lesson was… | 1 | too much |
| 2 | just enough |
| 3 | not enough |
| Where information was presented by a person, the speed/pace at which they spoke was... | 1 | too fast |
| 2 | just right |
| 3 | too slow |
| Being able to re-read or re-watch lessons as many times as required was… | 1 | really valuable - I needed it to get a lot of the information to sink in |
| 2 | useful - I needed it to get some of the information to sink in |
| 3 | not necessary - all the information was easy to grasp on first read / watch |
| Having knowledge checks in the course/s I completed was… | 1 | really helpful |
| 2 | helpful for some things |
| 3 | not really helpful |
| There are a number of interactive activities throughout the Nourish Baby courses. These include clicking on labelled graphics or tabs to expand content, clicking through process diagrams, timelines or stories. Did the interactive activities in the course/s you attended... | 1 | help you understand the topics a lot? |
| 2 | help you understand the topics a little? |
| 3 | not really help you understand the topics at all? |
| The parent story videos were… | 1 | really helpful to me |
| 2 | interesting but not really helpful to me |
| 3 | not helpful to me at all |
| The 'journey' emails I received from time to time with information relevant to my parenting stage and direct links to the course modules and lessons for more detailed information were... | 1 | interesting and very helpful to me |
| 2 | interesting to read but not really helpful |
| 3 | not interesting or helpful |
| Being able to access the course/s I completed whenever I wanted to was… | 1 | really good for me - I fitted it all in around my other commitments |
| 2 | a challenge - I would have preferred a set day and time each week |
| 3 | too hard - not having a set schedule meant I didn't do much of the course/s I signed up for |
| Is there anything else you would like to say about the design and delivery of the Nourish Baby courses? |  | |
| **Section Header: Now please tell us whether and to what extent completing a Nourish Baby course was beneficial to you**. | | |
| After completing one or more of the Nourish Baby courses, I felt… | 1 | really well prepared for labour and birth, breastfeeding, and life with a new baby |
| 2 | somewhat prepared for labour and birth, breastfeeding, and life with a new baby |
| 3 | not at all prepared for labour and birth, breastfeeding, and life with a new baby |
| After completing one or more of the Nourish Baby courses, I felt… | 1 | really confident to make informed decisions related to pregnancy, birth and parenting |
| 2 | somewhat confident to make informed decisions related to pregnancy, birth and parenting |
| 3 | not at all confident to make decisions related to pregnancy, birth and parenting |
| After completing one or more of the Nourish Baby courses, I felt… | 1 | a lot less anxious about the pregnancy, birth and/or parenting journey ahead |
| 2 | a little less anxious about the pregnancy, birth and/or parenting journey ahead |
| 3 | more anxious about the pregnancy, birth and/or parenting journey ahead |
| When it came to recognising what is normal and what is abnormal for the woman and the baby during pregnancy, birth, breastfeeding and the early postnatal period, did you have more, less or about the same level of confidence after completing one or more of the Nourish Baby courses? | 1 | More |
| 2 | Less |
| 3 | About the same |
| Did completing one or more Nourish Baby courses leave you with more, less or about the same level of confidence to seek advice and care from a registered health care professional for yourself or your baby when something didn't seem right? | 1 | More |
| 2 | Less |
| 3 | About the same |
| Please tell us anything else you would like to share about how completing one or more Nourish Baby courses impacted your readiness for / confidence about pregnancy, birth and early parenting. |  | |
| **Section Header: PART 2 There are four courses in the Nourish Baby program. These are:**  **Guide to a Healthy Pregnancy**  **Guide to Labour and Birth**  **Guide to Feeding Success**  **Guide to Babies - Birth-12 months**  **Please only answer the questions about the Nourish Baby course or courses that you completed. You can scroll through the questions about courses you did not access.**  **There are 8 multiple choice questions and 1 'free text' questions for each course.** | | |
| **Section Header: If you completed the Guide to a Healthy Pregnancy course, please answer the following questions.** | | |
| Do you feel that the Guide to a Healthy Pregnancy course improved your knowledge about the options and choices for antenatal (pregnancy) care? | 1 | Yes, a lot |
| 2 | Yes, a little |
| 3 | No, not at all |
| Would you say that completing the Guide to a Healthy Pregnancy course improved your understanding of the changes that happen in pregnancy to a woman and the baby? | 1 | Yes, a lot |
| 2 | Yes, a little |
| 3 | No, not at all |
| How much did the Guide to a Healthy Pregnancy course improve your understanding of how women can provide the best possible environment for the developing baby through nutrition, exercise and emotional wellbeing? | 1 | A lot |
| 2 | A little |
| 3 | Not at all |
| Did the information in the Guide to a Healthy Pregnancy improved your knowledge about potential side effects or complications of pregnancy and how they are managed? | 1 | Yes, a lot |
| 2 | Yes, a little |
| 3 | No, not at all |
| Was the information about how to prepare physically and emotionally for labour, birth and parenthood in the Guide to Healthy Pregnancy useful for you? | 1 | Yes, very useful |
| 2 | Yes, a little useful |
| 3 | No, not useful at all |
| Did the Guide to a Healthy Pregnancy course improve your understanding of how Dads can prepare for fatherhood? | 1 | Yes, a lot |
| 2 | Yes, a little |
| 3 | No, not at all |
| Did you feel that you had a good idea about what should go into a Dad's hospital bag after taking the Guide to a Healthy Pregnancy course? | 1 | Yes, it gave me a really good idea |
| 2 | Yes, it gave me a bit of an idea |
| 3 | No, it didn't give me any idea |
| How well did the Guide to a Healthy Pregnancy course help you appreciate how depression can affect expectant and new Dads? | 1 | Really well |
| 2 | Fairly well |
| 3 | Not well at all |
| Please share anything else you'd like to say about the Guide to a Healthy Pregnancy course content. |  | |