

# PERINATAL TRANSITION SCALE™

Pregnancy and early parenting can be times of tremendous joy. These can also be periods of unique adjustment and questioning. You may benefit from additional social or even professional support in making this transition a healthy experience for you and your family. Answering these questions in an honest and candid way can open doors to support for you. None of these are “trick questions,” and none will automatically necessitate interventions. If you answer yes to any question, please notify your health care provider, or contact directly either of the care providers listed below for a free consultation.

HAVE YOU EVER HAD A PERIOD OF TIME DURING YOUR PREGNANCY OR THE FIRST YEAR POSTPARTUM WHEN YOU WERE NOT YOUR “NORMAL SELF” and...

Yes  No you felt as if you were on an “emotional roller coaster” for no apparent reason, and emotions or thoughts increased without warning?

Yes  No you were unable to sleep even when the household was sleeping?

Yes  No you found yourself eating noticeably more or less than you believe you should?

Yes  No you experienced frequent, scary thoughts or images, or frequent nightmares?

Yes  No you intentionally avoided thoughts or conversations related to labor, your baby’s birth, or the hospital stay?

Yes  No you felt isolated and emotionally numb, or distant from your partner, friends and/or family?

Yes  No you experienced pain on a chronic or intermittent basis which affected your ability to function?

Yes  No you felt that most other parents were better or more loving than you?

Yes  No you had thoughts of harming yourself?

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