



Self-Efficacy Questionnaire.

Instructions to parents

Below are questions that relate to how you and your baby interact. When answering a question please tick the response you feel best describes your perception of the situation or how you might feel even if you haven't experienced some of the tasks yet. i.e. Strongly Disagree; Disagree; Agree or Strongly Agree.

		Strongly disagree	Disagree	Agree	Strongly agree
1	I believe that I can tell when my baby is tired and needs to sleep.				
2	I believe that I have control over my baby's care.				
3	I can tell when my baby is sick.				
4	I can read my baby's cues.				
5	I can make my baby happy.				
6	I believe that my baby responds well to me.				
7	I believe that my baby and I have a good interaction with each other				
8	I can make my baby calm when he/ she has been crying.				
9	I am good at soothing my baby when he / she becomes upset.				
10	I am good at soothing my baby when he / she becomes fussy.				
11	I am good at soothing my baby when he / she continually cries.				
12	I am good at soothing my baby when he / she becomes more restless.				
13	I am good at understanding what my baby wants.				
14	I am good at getting my baby's attention.				
15	I am good at knowing what activities my baby does <u>not</u> enjoy.				
16	I am good at keeping my baby occupied.				
17	I am good at feeding my baby.				
18	I am good at changing my baby.				
19	I am good at bathing my baby.				
20	I can show affection to my baby.				