

First Six Weeks Evaluation

The following comments were received from participants at the seminar of 31 May 2008. Three couples. Facilitated by David Vernon and Ingrid McKenzie.

W = Woman's response. M = Man's response

1. What did you expect to learn / hope to achieve from this seminar? And on a scale of 1-10 how would you rate the seminar in meeting your expectations? 1 = failed. 10 = Completely met.

- Fatherhood 101: the practical basics – 8 – M
- Useful information for the first six weeks post birth – 10 – M
- A few tips re how to cope with the most difficult first six weeks – 9 – W
- To become a better parent – 7 – M
- Tips and insights from experienced parents/counsellors – 7.5

AVERAGE RATING: 8.3

2. Which segment of the seminar was most useful to you, and why?

- Day clock and the men only session – M
- Time clock and discussions – M
- Learning about cluster feeding, baby led attachment and talking about others in the same situation – W
- Male discussion – talking things through with other men – M
- Relationship changes, breastfeeding, parents support resources and sharing experiences – W

3. Which segment of the seminar was least useful to you, and why?

- Differences session – we missed it due to lack of time – M
- Breastfeeding – only because we have been to ABA classes. I thought all sessions were useful – M
- Because of my job I already know about postnatal depression and sex postnatally – W (comment from a general practitioner).
- Clock. I am a shift worker and so never have a normal routine – M

- Postnatal depression. As a sufferer of depression I have a good degree of knowledge and awareness – W

4. Was the seminar too long, too short or just right?

- Just right – M
- Just right – M
- Fine – I could have had another 2-3 hours – W
- Pretty good – M
- A little too short – W

5. How would you improve the seminar?

- I would have liked it to have a bit more discipline regarding time as we missed out a session – M
- Not sure – M
- Well done – W
- Possibly cover practical things such as holding and changing the baby might help those who have not done this before – M
- Maybe make it a full day, such as 9-3. Could allow more to be covered. Slightly higher cost would not be a prohibition. - W

6. Any other comments?

- Consider asking new parents like Peter and Liana to attend all sessions – M
- Found it a useful morning and a great group environment – M
- Fabulous course. Thanks so much - W