Introduction
The post-partum intake is a time of immense change for mothers, both emotionally and physically. Mothers often find that they lack necessary skills and psychological preparation to parent a child, will be unable to emotionally bond with their child, or will be unable to successfully see eye-to-eye and please their child for the first time. A positive sense of self and view of parental capabilities predicts an enhanced ability to cope with the challenges of motherhood and correlates with a mother’s overall parenting satisfaction and health. These coping mechanisms are influenced largely by social support and resources that are available to the mother in this unique time period.

Background:
There is a preponderance of evidence demonstrating that parental stress and well-being are improved with support and overall health, increased maternal competency, and better coping mechanisms. Many important parenting tools exist to help increase parental self-efficacy and self-confidence, but epidemiological surveys show that only 26% of parents utilize the available resources. Various online tools have been developed in order to help first-time mothers cope with their changing reality and foster the development of more positive parental attributes. Through online tools such as videos or e-books, first-time parents are much more likely to engage in open and active parental engagement. This ultimately leads to more successful and widespread dissemination of information that will increase positive parental attributes.

Description of Intervention
A preliminary version of the PAP pamphlet was distributed to a focus group of four mothers with children ages six to eighteen. The pamphlet was distributed in-person to post-partum first-time mothers at routine pediatric office visits. The Inclusion of Parental Stakeholders in the Parenting Action Plan with your provider or an educator at your baby’s two-month well-child appointment and reviewing it again at the two-month well. Feedback from extensive interviews validated the efficacy and utility of the PAP with mothers confirming its practicality and relevance feedback from community stakeholders, the PAP will be disseminated.

Figure 1: Report Results from the Clinic Interviews Validated the Efficacy and Utility of the PAP

Results
Responses from the focus group and individual pediatric clinic interviews were relatively similar in that both groups of women wanted more information related to physical care of their child, sleep, breastfeeding, maternal self-care, and other safety-related information. The feedback from these women was addressed and additional information was incorporated into the final version of the PAP so that the parenting tool was as practical as possible for our community’s needs.

Conclusions
A primary cause of unecessary parental education tools is the lack of tailoring of intervention to the specific needs of first-time mothers. The mothers who were interviewed specifically requested that the tool would be most useful to them if used by first-time mothers and actual pediatric office visits. The interviews conducted with mothers were what worked for my baby. For example, my friend has a newborn and she is asking me all the questions that I see in the PAP. It would be helpful to talk to someone, because I can look up information anywhere and I always ask my doctor questions. I wish my doctor had been more thorough or that I had gone to a second opinion. It would help if there was a tool to talk to someone because I can look up information anywhere and I always ask your doctor questions. I wish my doctor had been more thorough or that I had gone to a second opinion. It would help if there was a tool to talk to someone because I can look up information anywhere and I always ask your doctor questions. I wish my doctor had been more thorough or that I had gone to a second opinion.