**Teaching Mothers Questionnaire**

Please answer these questions to the best of your ability.

1. What was the biggest challenge for you when you went back to work after having a baby?

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1. What helped you cope with the above challenges?

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1. Did you feel a sense of guilt when leaving your children to go to work?

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1. What/who do you think suffered the most after you returned to work? Why?

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1. Was there any one thing that was your saving grace?

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1. How many years have you been working/mothering? Does it get easier?

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7. Do you have any advice for women who are just starting their career and family?

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