**Teaching Mothers Survey**

On a scale of one to five, one being the least true, five being the truest, please rate the following statements based on your own experiences.

1. I am a parent of one or more children ages sixteen or younger. Yes No

2. Going back to work after having a baby was easy for me.

 1 2 3 4 5

3. I was easily able to find a balance between work and home.

 1 2 3 4 5

4. My employer made it easy for me to adjust my schedule so that I could accommodate my family.

 1 2 3 4 5

5. I rarely feel overwhelmed due to obligations from home and work.

 1 2 3 4 5

6. I feel guilty leaving my child to go to work.

1 2 3 4 5

7. I feel guilty leaving work to be with my child.

1 2 3 4 5

8. I am satisfied with the care my child receives while I am at work.

1 2 3 4 5

9. I have family support other than my spouse to help with the care of my child.

1 2 3 4 5

10. I feel that my child would benefit from me being at home with them.

1 2 3 4 5