

BEDREST & STRESS
WEBSITE INSTRUCTIONS

1. Type in www.momsinwaiting.com into your web browsers address line.
2. Read the instructions and for your first encounter, you will need to register. Click on the “REGISTER NOW” link.
3. Decide what user name you’d like to use. It can be your first name or you may “make-up” a new name to use on this website.
4. Enter in your USER NAME (must be lowercase)
5. Enter in your EMAIL ADDRESS
6. After you enter this information and submit it, you will be asked to NAME your WEBSITE. This is the process of naming your own, private PERSONAL BLOG page. It is on this page that you will be writing down anything you’d like to write as your personal journaling site. You can write down your personal thoughts, feelings, frustrations and your positive experiences while on bedrest. You do not have to write anything if you do not want to. This is up to you! We are asking that you label this site “Lori’s Blog” with your name instead of LORI. That way we will be able to identify your journaling information. If you are using the journal which was given to you when you agreed to participate, then you do not have to copy that information into this Blog. We will obtain a copy of the journal after you deliver your infant. Again, this journaling or blogging is totally optional. For NICU parents, this blog site can still be used if you’d like us to know any information about when you were on bedrest prior to your delivery. We are hoping to discover ways to help moms who are on bedrest, either in the hospital or at home. So anything you’d like to tell us or any insights you’d like to share about that experience for you – would be appreciated!!
7. Once this site name is entered and submitted, you will be directed into your personal BLOG site. You can start blogging now by following these steps:
 - a) click on the “Hello World” posting and you can replace this initial post with one of your own. You can change the title also.
 - b) click on “Add New” to add a new post. You can add new posts anytime – you can add one a day or many times each day. Whenever you want to document something that you did, or any of your thoughts. To publish each post, you must go to the right hand side of the page and click the “PUBLISH” button. This then will publish your posting to your personal Blog site.
 - c) click on your name on the top after “Howdy” to change your USER PROFILE. Scroll down to the bottom of the page to NEW PASSWORD. This allows you to change your password to something you can remember.
 - d) click on DASHBOARD and you will see how many postings you’ve made, how much storage space you have, you can make a quick posting and publish it and see information about the website itself.
 - e) usually you can post to your blog, then click on the “MOMS IN WAITING” Title at the top of the page to get back to the main website/home.
8. Once you are back on the home page, if you haven’t signed in yet, you will be prompted to do so. Your password will have been sent to your email address, so you can look it up and use it to access

the main website. Use the log-in site to put your user name and password into the system and access the website.

9. You will be sent an email each week as a reminder to fill out your weekly surveys. There are 3 surveys, but each week you will fill out either one or two, depending on whether you are hospitalized or not.

Initial Stress Survey - fill out after you are initially signed up for the study

Weekly Stress Surveys – fill out each week

* you will be reminded by email

* the same day each week

Hospitalized Stress Survey – fill out only if you are still a patient in the hospital.

- ** For NICU Parents on the Support Site** – there are no weekly surveys for you to fill out. The site is available to you to talk and share with other NICU parents. Use it as long as you feel you have a need. This is your site, and no information from the site will be shared publicly.

10. When you delivery your baby, you will no longer be participating in the research study, but you may want to participate with other parents in the NICU Parent Discussion Group. You will also have access to a NICU Education site. Please use these for as long as you'd like, since we know that you may have contact with other parents and want to share information and support each other.

Thanks for participating!!!

YOUR RESEARCH TEAM

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Katie

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