

Needs Assessment of Expectant Asian Parents on Maternity Confinement Helpers

Ng P, Ng MJ, Tan KH

ABSTRACT

Introduction: Confinement is a common post-partum health practice shared by many cultures, especially in Asian countries like Singapore. Maternity confinement helpers play an important role during the confinement period, as they provide support during the postpartum period with holistic mother and baby care, allowing the new mother to recuperate. It is important that the profile and qualities of maternity confinement helpers are well matched to the expectations of the new parents, so as to provide confinement support and care that maximizes health outcomes.

Aim: Our aim was to describe and assess the preferred profiles and qualities of and support & needs expected from confinement helpers among expectant parents in Singapore.

Methods: A questionnaire survey was conducted in KK Women's and Children's Hospital, Singapore, between June 2012 to August 2012. Expectant mothers and/ or their husbands were approached in the antenatal clinics at random, and the questionnaire was distributed and completed on site, with consent given. There were 100 respondents, out of which 56.0% were Chinese, 21.0% were Malay, 14.0% were Indians, and 9.0% were from other ethnic groups, reflective of the multicultural Asian society of Singapore.

Results: Expectant parents had strong preferences for confinement helpers of the same race (75.0%), and this preference is most evident among the Chinese (87.5%) and the Malay (66.7%) respondents. Most respondents preferred confinement helpers aged 31 to 50 years old (66.0%). Most respondents require their confinement helpers to have a working experience as a confinement helper for at least 6 to 10 years (58.0%), and many preferred confinement helpers with an accredited training certificate (43.0%). The Chinese (83.9%) and Malay (90.5%) respondents have a strong preference for confinement helpers who speak the same mother tongue language. The most important job expectations towards confinement helpers were cooking confinement food (89.0%), bathing and cleaning the baby (89.0%) and feeding the baby (52.0%). The most important quality required in confinement helpers was 'love for children' among expectant parents in Singapore (47.0%) followed by 'responsible' (24%).

Conclusion: Despite the differences in cultural and religious practices and beliefs among the different ethnic groups in Singapore, the expectations of expectant parents towards confinement helpers are similar. These preferences and requirements could be targeted to improve the matching between confinement helpers and their employers. There is also a strong need to develop a structured training program and proper accreditation of confinement helpers.

Keywords: Postpartum, confinement, confinement helpers, expectant parents

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INTRODUCTION

Confinement, a period for new mothers to recuperate and recover from childbirth, is a common post-partum health belief and practice shared by Asian cultures. The purpose of confinement is to support the mother in the immediate postpartum period, nurture the new mother's health back to her pre-natal state, and facilitate couples in the transition to parenthood.

During the post-partum period, couples face numerous challenges such as recovery from childbirth, increased responsibility towards the newborn, sleeplessness, emotional adjustment, mastery of infant feeding and care, household organization and unawareness of what constitutes normal newborn growth and development ⁽¹⁾. The stresses can be overwhelming without support from relatives and helpers.

Confinement helpers play an important role during the post-partum period, providing support, advice and assistance to the parents. They provide care for the new mother and baby, and guide the new mother on how to care for her baby. Good quality post-partum care, tailored to women's needs, can have a positive long term impact on women's psychological well-being ⁽²⁾. It has been shown that women who experience support from family members and care providers have greater breastfeeding success, greater self-confidence and less post-partum depression. Parents also benefit from education on what to expect from a newborn, baby-soothing skills and feeding skills ⁽¹⁾.

The role of a confinement helper is not unlike that of post-partum doulas in the United States, who facilitate the transition to parenthood by providing education (evidence-based information on infant feeding and soothing, recovery from birth and coping skills) and emotional support for new families ⁽³⁾.

However, conflict can arise when the expectations of parents do not coincide with the actions and ability of the confinement helper. Hence, it is important to understand the characteristics and job qualities expectant parents look out for in a confinement helper, and the job or support domains that matter most to them. The employment of a suitable and well-trained confinement helper can help to make the new mother feel supported, relaxed, replenished and nourished, which helps in the recuperation process of new mothers.

This study aimed to analyse specific profiles, traits, job abilities, support and needs that expectant Singaporean parents look for in a confinement helper. Successful matching of confinement helpers to expectant parents will lead to better health outcomes in expectant mothers post-partum and greater satisfaction with the confinement helper industry. These data may be useful as in the strategy of training of confinement helpers, or as benchmarks for assessment of confinement helpers. This is particularly relevant as the demand for confinement helpers increases in Asia including Singapore ⁽⁴⁾.

METHOD

The survey was conducted in KK Women's and Children's Hospital, Singapore. Expectant mothers and/ or their husbands were approached in the antenatal clinics at random, and the questionnaire was distributed and completed on site, with consent given.

The number of respondents was 100, with 56 Chinese respondents, 21 Malay respondents, 14 Indian respondents and 9 respondents from other ethnic groups. The response rate was 83.3%, in which 100 out of the 120 expectant parents in antenatal clinics approached responded.

The survey consists of 38 questions, categorized into 3 sections – (1) the profile of the respondent, (2) the respondent's ideal profile of a confinement helper, and (3) the support and job scope expected of a confinement helper.

A random sampling method was used in this study. The individual responses to the questions were summed and further analyzed by a Chi Square test of independence with a 95% confidence interval.

This study has been reviewed and given an exempt status from SingHealth Centralised Institutional Review Board.

RESULTS

Profiles of Respondents

The respondents in this study were expectant Singaporean parents from the four main ethnic groups in Singapore, the Chinese (n=56), Malay (n=21), Indian (n=14) and the other ethnic groups such as Eurasians (n=9).

Within each ethnic group, the sample comprised of expectant parents of different age group, profession and socio-economic background, so as to ensure a fair representation of the population which the respondents come from.

As seen in Table 1, most of the respondents were of age 26 to 35 year old (65.0%). The respondents had varied household incomes, which would influence their preferences and selection of confinement helpers. Most respondents have an annual household income of less than S\$100,000.

Most of the respondents were expecting their first child (37.0%). A significant proportion of respondents have had one child (34.0%).

Profiles of Confinement Helper

Most respondents showed preference for confinement helpers of the same race (75.0%), especially the Chinese (87.5%), Malay (66.7%), Indian (50.0%) and other ethnic groups (55.5%) respondents.

The majority of the respondents preferred confinement helpers aged 31 to 50 years old (66.0%). However, the Chinese (39.3%) and Indian (35.7%) respondents preferred confinement helpers aged 41 to 50 years old, while the Malay (47.6%) and other ethnic groups (44.5%) respondents preferred confinement helpers of a younger age group from 31 to 40 years old ($p=0.2114$).

The majority of expectant Singaporean parents preferred confinement helpers with a working experience of 6 to 10 years (58.0%). This preference is most seen in the Chinese (60.7%) and Indian (64.3%) respondents. Most respondents preferred confinement helpers with an accredited training certificate (43.0%). Most expectant Singaporean parents would require their confinement helpers to speak English (68.0%). The Chinese (83.9%) and Malay (90.5%) respondents showed a strong preference for confinement helpers who speak the same mother tongue language.

Support & Job Scope Expected of a Confinement Helper

The responses regarding job expectations of a confinement helper are tabulated in Table 3. Concerning mother care, a total of 89.0% of respondents indicated the requirement of cooking confinement food. This preference was most prominent among Chinese respondents (96.4%). The majority of respondents from the other races also expressed such preference (Malay: 85.7%; Indian: 71.4%; Others: 77.8%).

The Chinese respondents also placed emphasis on their confinement helper washing the new mothers' clothes (66.1%), while the Malay and Indian respondents indicated post-natal massage as a more important requirement (71.4%, 50.0%) ($p=0.06374$).

Regarding baby care, the most important requirement was bathing and cleaning the baby (89.0%). This requirement was strongly emphasized across the four main ethnic groups (Chinese: 94.6%; Malay: 85.7%; Indian: 71.4%; Others: 88.9%). The next most important requirement was feeding of the baby, and this was consistent across the four ethnic groups (Chinese: 82.1%; Malay: 52.3%; Indian: 57.1%; Others: 66.7%). 73.2% of the Chinese respondents also expressed the importance of the confinement helpers to handle the baby's simple ailments.

Regarding general housework, a total of 52.0% of respondents indicated the requirement of cooking of regular meals for the family. This preference was most prominent among the Chinese (60.7%) and Indian (50.0%) respondents. A total of 46% respondents indicated the need for doing general household chores.

The most important quality of confinement helpers preferred by expectant Singaporean parents was love for children (47.0%).

Preferences for Confinement Services

The responses regarding preferences for confinement services are tabulated in Table 4.

For confinement services in a specialized hotel, only 6.0% of respondents expressed interest for such services. The majority of respondents expressed that they would not consider confinement services in a specialized hotel (Chinese: 57.2%; Malay: 61.9%; Indian: 64.3%; Others: 100%).

A total of 24.0% of respondents expressed interest in confinement food delivery services to their house. A significant proportion of Malay (52.4%), Indian (50.0%) and other ethnic groups (55.6%) respondents expressed that they would not like to have such services.

Regarding post-natal well-being services such as massage/ spa services, a total of 54.0% of respondents expressed interest. This interest was expressed strongly across all four major ethnic groups (Chinese: 53.5%; Malay: 57.1%; Indian: 57.2%; Others: 44.5%).

DISCUSSION

The post-partum period is marked by strong emotions, dramatic physical changes, new and altered relationships and the assumption of and adjustment to new roles ⁽⁶⁾, which can be overwhelming for young parents. Postpartum support and care for women is often neglected ⁽⁷⁾. Support, advice and assistance given to young parents by confinement helpers can help in smoother transition, and good post-partum care have a positive long term impact on women's psychological well-being.

To our knowledge there is no published study on the confinement expectations of Asian parents. This is the first study to assess the needs of expectant Asian parents in the confinement period, especially in relation to a confinement helper. i.e. specific profiles, traits, job abilities, and support. It is ideal that the characteristics and job abilities of confinement helpers are matched to the expectations of the employers (expectant parents), so that better post-partum care can be given in line to the personal preference and cultural practices of employers.

Understanding the differences in preference and traditions between the four main ethnic groups in Singapore will allow us to better cater to the preferences of each group, to facilitate better and more efficient matching of confinement helpers to the employers, improvements in the confinement helper industry, and to improve the satisfaction outcomes of the confinement period for new mothers.

Profiles of Confinement Helper

A significant number of respondents from the four ethnic groups showed preference for confinement helpers of the same race. This preference could be because different ethnic groups have their own customs to adhere to during the confinement period, and thus, people would prefer a confinement helper who can relate to their own practices. Nursing theorists have emphasized the importance of understanding and interpreting cultural values and beliefs to provide nursing care that maximizes health outcomes ⁽⁵⁾.

The preferred age group of confinement helpers was about 31 to 50 years old, which was the age group perceived to be more matured and experienced with baby care and mother care. The majority of Chinese and Indian expectant parents expressed preference for confinement helpers aged 41 to 50 years old, as older

age is associated with more experience in taking care of children and richer working experience.

Expectant Singapore parents preferred confinement helpers to have working experience as a confinement helper for 6 to 10 years, and preferred the experience to be backed by an accredited training certificate. Drawing parallels to the post-partum doulas in the United States, they receive training on breastfeeding skills and support, support of the mothers with postpartum depression, support for the partner, fostering bonding, referrals to appropriate professionals and support groups, and are well equipped on educating the family about infant care, newborn characteristics and coping skills ⁽¹⁾. Hence, it may be opportune time that the confinement helper industry in Singapore & in Asia should look into the development of structured trainings and proper accreditation of confinement helpers.

Job Expectations of a Confinement Helper

The expectations regarding the job requirements of a confinement helper was generally similar across the four ethnic groups.

Concerning mother care, most of the respondents indicated the requirements of cooking of confinement food, post-natal massage and washing of new mother's clothes. These tasks are centered on relieving new mothers of the feeling of overwhelming responsibility and to allow them to relax ⁽²⁾.

A great emphasis was placed on the ability of the confinement helper to cook confinement food. In Asia, the dietary choices of women during the postpartum period are heavily influenced by traditional medical theories and cultural beliefs, and women are confined to their homes and are expected to observe a broad set of restrictive prescriptions and proscriptions regarding diet and other behaviours during the postpartum period ⁽⁸⁾. Hence, the ability to cook confinement food in line with the new mother's culture and traditions is perceived as essential.

On baby care, most of the respondents saw baby care as a core component of the job of a confinement helper, and hence had many job expectations regarding baby care. These expectations include feeding of the baby, bathing and cleaning of the baby, washing the baby's clothes, handling the baby's simple ailments and making the baby sleep. Among all the expectations, the greatest emphasis was placed on bathing and cleaning

the baby. According to the World Health Organisation Maternal and Newborn Health/ Safe Motherhood Unit, in the post-partum period, women may have fears about inadequacy and constant responsibility for care for the baby. Newborns will need appropriate feeding, cleanliness and observation of body signs by somebody who cares and can take action if necessary ⁽⁶⁾. These post-partum needs are best met by confinement helpers who are well trained in these specific job domains. The job scope of the confinement helper could also extrapolate to guiding the new mother on how to care for her baby, so as to ensure a smooth transition when the confinement helper leaves at the end of the confinement period. Regarding general housework, respondents generally indicated preference for the confinement helper to be involved in the cooking of regular meals for the family and general household chores.

Preferences for Confinement Services

For confinement services in a specialized hotel, most respondents in our study were not keen on having such services. This could be due to the tradition that new mothers remain in their own house during the confinement period, and staying in a specialized hotel during confinement may be viewed as an extravagant practice.

In comparison to other countries in Asia, expectant mothers from Hong Kong and Taiwan were more receptive to confinement services in a specialized hotel and confinement food delivery services in a similar study ⁽⁹⁾. The study showed that 92.0% of expectant parents from both Hong Kong and Taiwan expressed interest for confinement services in a specialised hotel, while only 6.4% of respondents from Singapore expressed interest. It would appear that Singapore has not caught up with the trends of retreat-like 'luxury' confinement centers, where a mother lives in hotel-like accommodation and receives 24-hour care with baby either rooming in with her or in a nursery close by; and which are an increasingly popular choice in Hong Kong and Taiwan ⁽¹⁰⁾.

In addition, 100% and 80.0% of respondents from Hong Kong and Taiwan respectively, expressed interest for confinement food delivery services ⁽⁹⁾, while less than a third of respondents from Singapore (26.4%) expressed interest. The low proportion of respondents in our study indicating interest in confinement food delivery services could be due to the easy availability of inexpensive food in Singapore and the expectation of confinement helper

cooking regular meals for the family and confinement food for the new mother.

In another area, 100% and 88.0% of respondents from Hong Kong and Taiwan respectively ⁽⁹⁾, expressed interest for post-natal well-being services such as massage/ spa services, while more than half of respondents from Singapore (54.0%) expressed interest. This showed that the concept of post-natal well-being services such as massage and spa services is well-received by expectant mothers across Asian countries such as Singapore, Hong Kong and Taiwan. It could be due to the perception that childbirth is laborious and painful, hence, people wish to reward themselves with postnatal massage and spa services or the popularity of massage and spa services for ladies in modernized countries, and hence, expectant mothers are now more familiar and receptive towards the concept of post-natal massage and spa.

This suggests that the confinement service preferences of expectant parents may vary according to the norms and situation of different countries, despite the predominant Chinese/Asian culture across the three countries.

CONCLUSION

Despite the differences in cultural and religious practices and beliefs among the ethnic groups in Singapore, the expectations of expectant parents towards confinement helpers were similar. These preferences and requirements could be targeted to improve the matching between confinement helpers and their employers. While there is an opportunity to increase provision of postnatal confinement services, there is also a strong need to facilitate the development of structured training and proper accreditation of confinement helpers.

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Table 1: Profiles of Respondents

	Chinese n=56 (%)	Malay n=21 (%)	Indian n=14 (%)	Others n=9 (%)	Overall n=100 (%)
Age					
Below 20	0 (0)	1 (4.8)	0 (0)	0 (0)	1 (1.0)
20 – 25	5 (8.9)	4 (19.0)	1 (7.1)	1 (11.1)	11 (11.0)
26 – 30	14 (25.0)	5 (23.8)	8 (57.2)	1 (11.1)	28 (28.0)
31 – 35	24 (42.9)	6 (28.6)	4 (28.6)	3 (33.3)	37 (37.0)
36 – 40	8 (14.3)	5 (23.8)	1 (7.1)	4 (44.5)	18 (18.0)
41 – 50	5 (8.9)	0 (0)	0 (0)	0 (0)	5 (5.0)
Gender					
Male	7* (12.5)	2* (9.5)	1* (7.1)	1* (11.1)	11 (11.0)
Female	49 (87.5)	19 (90.5)	13 (92.9)	8 (88.9)	89 (89.0)
Annual house- hold income (SGD)					
≤ \$50,000	24 (42.9)	15 (71.4)	6 (42.9)	5 (55.6)	50 (50.0)
≤ \$100,000	25 (44.6)	5 (23.8)	3 (21.4)	1 (11.1)	34 (34.0)
≤ \$200,000	5 (8.9)	1 (4.8)	3 (21.4)	0 (0)	9 (9.0)
> \$200,000	2 (3.6)	0 (0)	2 (14.3)	3 (33.3)	7 (7.0)
Number of children					
0	22 (39.3)	7 (33.3)	8 (57.2)	0 (0)	37 (37.0)
1	20 (35.7)	6 (28.6)	4 (28.6)	4 (44.5)	34 (34.0)
2	10 (17.8)	4 (19.0)	1 (7.1)	2 (22.2)	17 (17.0)
3	2 (3.6)	1 (4.8)	0 (0)	3 (33.3)	6 (6.0)
4	2 (3.6)	2 (9.5)	1 (7.1)	0 (0)	5 (5.0)
5	0 (0)	1 (4.8)	0 (0)	0 (0)	1 (1.0)
Have you engaged the services of a confinement helper previously					
Yes	15 (28.6)	0 (0)	1 (7.1)	0 (0%)	16 (16.0)
No	41 (73.2)	21 (100)	13 (92.9%)	9 (100%)	84 (84.0)

* The male respondents were accompanied by their spouses

Table 2: Ideal Profile of a Confinement Helper

	Chinese n=56 (%)	Malay n=21 (%)	Indian n=14 (%)	Others n=9 (%)	Overall n=100 (%)
Marital status					
Single	4 (7.2)	1 (4.8)	2 (14.3)	0 (0)	7 (7.0)
Married	33 (58.9)	13 (61.9)	6 (42.9)	6 (66.7)	58 (58.0)
Does not matter	19 (33.3)	7 (33.3)	6 (42.9)	3 (33.3)	35 (35.0)
Race					
Same Race	49 (87.5)	14 (66.7)	7 (50.0)	5 (55.5)	75 (75.0)
Does not matter	7 (12.5)	7 (33.3)	7 (50.0)	4 (44.5)	25 (25.0)
Age group					
21 – 30	3 (5.4)	4 (19.1)	0 (0)	3 (33.3)	10 (10.0)
31 – 40	16 (28.6)	10 (47.6)	2 (14.3)	4 (44.5)	32 (32.0)
41 – 50	22 (39.3)	5 (23.8)	5 (35.7)	2 (22.2)	34 (34.0)
Above 50	4 (7.1)	0 (0)	3 (21.4)	0 (0)	7 (7.0)
Does not matter	11 (19.6)	2 (9.5)	4 (28.6)	0 (0)	17 (17.0)
Must the confinement helper have children					
Yes					
No	23 (41.1)	7 (33.3)	2 (14.3)	4 (44.5)	36 (36.0)
Does not matter	1 (1.8)	2 (9.5)	0 (0)	2 (22.2)	5 (5.0)
	32 (57.1)	12 (57.2)	12 (85.7)	3 (33.3)	59 (59.0)
Working experience as a confinement helper					
Less than 5 years	5 (8.9)	2 (9.5)	0 (0)	4 (44.5)	11 (11.0)
6 – 10 years					
11 – 20 years	34 (60.7)	11 (52.4)	9 (64.3)	4 (44.5)	58 (58.0)
Above 20 years	5 (8.9)	2 (9.5)	0 (0)	0 (0)	7 (7.0)
Does not matter	2 (3.6)	2 (9.5)	0 (0)	1 (11.1)	5 (5.0)
	10 (17.9)	4 (19.1)	5 (35.7)	0 (0)	19 (19.0)
Educational background					
Primary qualifications	5 (8.9)	1 (4.8)	0 (0)	1 (11.1)	7 (7.0)
Secondary/ higher studies qualifications	9 (16.1)	5 (23.8)	5 (35.7)	3 (33.3)	22 (22.0)
Degree holder	0 (0)	0 (0)	0 (0)	1 (11.1)	1 (1.0)
Does not matter	42 (75.0)	15 (71.4)	9 (64.3)	4 (44.5)	70 (70.0)

Acceptable training experience					
No experience	1 (1.8)	1 (4.8)	0 (0)	2 (22.2)	4 (4.0)
Experience without confinement training certificate	15 (26.8)	0 (0)	3 (21.4)	1 (11.1)	19 (19.0)
Experience with unaccredited confinement training certificate	7 (12.5)	4 (19.0)	2 (14.3)	1 (11.1)	14 (14.0)
Experience with accredited training certificate	25 (44.6)	10 (47.6)	4 (28.6)	4 (44.5)	43 (43.0)
Does not matter	8 (14.3)	6 (28.6)	5 (35.7)	1 (11.1)	20 (20.0)
Spoken languages (can choose more than one)					
English	34 (60.7)	16 (76.2)	11 (78.6)	7 (77.8)	68 (68.0)
Mandarin	47 (83.9)	1 (4.8)	0 (0)	0 (0)	48 (48.0)
Chinese	11 (19.6)	0 (0)	0 (0)	0 (0)	11 (11.0)
Malay	1 (1.8)	19 (90.5)	1 (7.1)	2 (22.2)	23 (23.0)

Table 3: Expectant Singaporean Parents' Job Expectations of a Confinement Helper

	Chinese n=56 (%)	Malay n=21 (%)	Indian n=14 (%)	Others n=9 (%)	Overall n=100 (%)
Mother care (can choose more than one)					
Handling post-natal depression	17 (30.4)	8 (38.1)	1 (7.1)	3 (33.3)	29 (29.0)
Post-natal massage	21 (37.5)	15 (71.4)	7 (50.0)	4 (44.5)	47 (47.0)
Cooking confinement food	54 (96.4)	18 (85.7)	10 (71.4)	7 (77.8)	89 (89.0)
Washing new mother's clothes	37 (66.1)	8 (38.1)	4 (28.6)	3 (33.3)	52 (52.0)
Helping new mother with breastfeeding	31 (55.4)	8 (38.1)	3 (21.4)	2 (22.2)	44 (44.0)
Baby care (can choose more than one)					
Feeding	46 (82.1)	11 (52.3)	8 (57.1)	6 (66.7)	71 (71.0)
Bathing and cleaning	53 (94.6)	18 (85.7)	10 (71.4)	8 (88.9)	89 (89.0)
Washing baby's clothes	40 (71.4)	11 (52.3)	8 (57.1)	5 (55.5)	64 (64.0)
Handling baby's simple ailments	41 (73.2)	8 (38.1)	2 (14.3)	4 (44.5)	55 (55.0)
Making baby sleep	42 (75.0)	10 (47.6)	2 (14.3)	4 (44.5)	58 (58.0)
General (can choose more than one)					
Cooking regular meals for family	34 (60.7)	7 (33.3)	7 (50.0)	4 (44.5)	52 (52.0)
General household chores	30 (53.6)	8 (38.1)	6 (42.9)	2 (22.2)	46 (46.0)
Taking care of other children other than the newborn	17 (30.4)	7 (33.3)	2 (14.3)	4 (44.5)	30 (30.0)
Most important quality					
Love for children	29 (51.8)	9 (42.9)	4 (28.6)	5 (55.6)	47 (47.0)
Responsible	13 (23.2)	5 (23.8)	3 (21.4)	3 (33.3)	24 (24.0)
Clean	6 (10.7)	4 (19.0)	4 (28.6)	0 (0)	14 (14.0)
Experienced	7 (12.5)	3 (14.3)	2 (14.3)	1 (11.1)	13 (13.0)
Good communication skills	1 (1.8)	0 (0)	1 (7.1)	0 (0)	2 (2.0)

Table 4: Preferences for Confinement Services

	Chinese n=56 (%)	Malay n=21 (%)	Indian n=14 (%)	Others n=9 (%)	Overall n=100 (%)
Would you consider confinement services in a specialised hotel for yourself/ your spouse					
Yes	6 (10.7)	0 (0)	0 (0)	0 (0)	6 (6.0)
No	32 (57.2)	13 (61.9)	9 (64.3)	9 (100)	63 (63.0)
Not aware of such services	18 (32.1)	8 (38.1)	5 (35.7)	0 (0)	31 (31.0)
Would you like to have confinement food delivery service to your home					
Yes	19 (33.9)	3 (14.3)	1 (7.1)	1 (11.1)	24 (24.0)
No	17 (30.4)	11 (52.4)	7 (50.0)	5 (55.6)	40 (40.0)
Not aware of such services	20 (35.7)	7 (33.3)	6 (42.9)	3 (33.3)	36 (36.0)
Would you consider having post-natal well-being services such as massage/ spa services					
Yes	30 (53.5)	12 (57.1)	8 (57.2)	4 (44.5)	54 (54.0)
No	10 (17.9)	4 (19.1)	3 (21.4)	3 (33.3)	20 (20.0)
Not aware of such services	16 (28.6)	5 (23.8)	3 (21.4)	2 (22.2)	26 (26.0)