

Instructions for the Parenting Instructor:

The discussion questions are a tool to help you to enrich your relationship with your client. They help to promote discussion on the topic of the lesson, and better understand the heart of your client and her needs. This is accomplished through sharing, connecting, and caring.

1. Do not give this page to your client. It is only for your reference when talking to your client.
2. The tips written below each question help you to know what to listen for or how to start a conversation if you have a reserved or quiet client.
3. Find ways to affirm your client, and gently guide the conversation.



Discussion Questions

1. An ultrasound is a great tool for monitoring the health of your baby. It's also exciting for you to get the first glimpse of your baby. What are you most looking forward to at your ultrasound appointment? What concerns do you have?

It feels like she is meeting her baby for the first time when a woman first sees her baby on an ultrasound screen. It makes it all so real! Celebrate this with her and help her to feel excited about the ultrasound appointment. Gently probe your client for worries she may have. She may be worried about birth defects or other problems. If she suffered a poor ultrasound result in the past, she may be extremely anxious. Help her to see that every pregnancy is different and that problems with a past pregnancy doesn't mean she will have problems with this one.

2. What kinds of pregnancy-related issues run in your family? These could include things like miscarriages, birth defects, premature births, gestational diabetes, high blood pressure or other problems.

Stress and fear can overwhelm a woman and rob her of the joy of her pregnancy. Talking about her concerns helps. If she is worried about pregnancy issues, encourage her to speak to her medical provider so that he can keep a close eye on her pregnancy. Also share with her that worry won't change anything, but it can have an impact on her baby. Help her to find ways to relax. Encourage her to bring someone with her to her ultrasound appointment.