

Discussion Sheet

Instructions for the Parenting Instructor:

The discussion questions are a tool to help you to grow your relationship with your client. They help to promote discussion on the topic of the lesson, and to help you to 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 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 conversation if you have a reserved or quiet client.
3. Find ways to affirm your client, and gently guide the conversation.



Your Temperament

Your temperament affects how you feel and how strongly you feel things. It affects your outlook on life and how you cope with day-to-day situations. It will also affect how you feel about your pregnancy and to becoming a parent.

1. How does your particular temperament affect how you feel about your life?

Help your client to consider how her temperament or personality might affect how she feels; her ability to make decisions, and how well she copes with stress, problems, and uncertainty.

2. The video addresses how your own unique circumstances can affect your emotions during pregnancy. What circumstances are you currently facing that affect your emotions, and what are some things you could do to help yourself during this time?

Help your client to consider how her circumstances affect how she feels. (Negative feelings might include: worry, irritability, depression, and fear; positive feelings might include: excitement, hope, anticipation, and happiness.)

3. What concerns do you have about your pregnancy or about becoming a parent?

Answers may vary. Help your client to address her concerns or worries, and guide her to see how her fears could be more affected by her temperament, circumstances, and in the fluctuation of pregnancy hormones. (For example, she may be irrationally concerned about her baby's health because of past miscarriages; she may be afraid of labor; she may be worried about making ends meet; she may fear she won't be a good mom; etc.)