

### Discussion Sheet, Page 1

#### 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 they will 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 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 the conversation if you have a reserved or quiet client.
3. Find ways to affirm your client, and gently guide the conversation.



Help your client to connect with her baby.

1. When you first found out you were pregnant, what feelings did you experience?

***The purpose of this question is to help your client think about what her pregnancy means to her. It's okay if the pregnancy was unplanned and she was unhappy about it, or if she is now anxious about taking care of a little baby. Talking about her pregnancy and her baby will help her to connect with her child.***

2. What do you think it means that your baby is a unique person?

***The video talks about how genetic traits are passed down through our parents, and from their families generations back. The combination of all of these traits shows up differently in each sperm and egg, and this makes your client's child unique. While her child may share similarities with her, the baby's father, or other family members, her child will still be unique! This is an incredible thing to ponder, and it causes us to appreciate the workmanship in each person.***

3. The video talks about how connected moms are to their unborn babies. It talks about how even our state of mind has an impact on our babies. What did you find most fascinating about the connection you already have with your unborn child?

***The purpose of this question is to help your client see her child as a little person, separate from her, and how, even before birth, mothers impact their children. Some of the fascinating connections she shares with her baby:***

1. Her life every day with her child.
2. Her good and/or bad moods with her child.
3. Her peace and calm or her stress with her child.
4. Her baby's movement and growth.
5. Her love with her baby.

***Everything that affects a mom affects her baby: her nutrition, her personality, and her body. It is incredible!***