

### Discussion Questions

#### 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 life changes A LOT when you're pregnant.

1. What are the biggest concerns you have about how your body will handle pregnancy?

**Answers will vary. Try to get your client to talk about her fears. Maybe it's how her body will look after pregnancy, maybe it's stretch marks, maybe it's pain, or maybe it's the change to lifestyle having kids causes.**

2. What kind of physical problems did your mom or grandma deal with in their pregnancies?

**Answers will vary. Help her to prepare for the changes to her body that she will likely face. Help her to celebrate them. The "earning her stripes" way of looking at pregnancy.**

3. What kind of crazy advice have you received about your pregnancy?

**Answers may vary. This is a good time to dispel any bad advice, help her to find humor in some of the unwanted advice she may have received, and to laugh a little with your client. You can even share some of the crazy advice you've heard or even received yourself.**



Remind your client to bond with their unborn baby!