

Reinforcing Relationship

Relationship with the client is key to long-term success. Client advocates care for their clients, and these questions exist to help them show that care and concern. Use them as a way to expand on the existing relationship and to speak truth into the client's life.

Discussion Questions

Use the questions below to reinforce the lesson objectives and learn more about the client. This page does not need to be copied or given to the client. It is for reference for the client advocate. Use the questions as they fit with your client's temperament.

1. Are you worried about healing from childbirth? What can you do to help the process go as best as possible?

Helpful Hint: Listen to your client's concerns. If they are unable to come up with ideas to help the healing process go as easily as possible, refer to the DVD for answers (nutrition, rest, and exercise).

2. Do you have people to help you after you give birth? How will they be able to help you? Is it hard to ask for help and accept it?

Helpful Hint: This question will help you understand the social situation of the client. Listen to her answers and offer help as needed. Also, listen to those who find it hard to ask for help and encourage them to see help as something that is good both for those who give it and for those who receive it.

3. Did you realize that one in ten new mothers experience postpartum depression? Are you worried about feeling depressed after you give birth? Have you ever known anyone with postpartum depression? In your experience, do people who have postpartum depression talk about it much? Why do you think that is?

Helpful Hint: These questions are designed to get your client talking about postpartum depression in the hope that she will be more willing to reach out for help if she experiences it. Help her to see how common it is and point her to her physician or other professional organizations to get help if needed.