

DVD Discussion

Get Her Talking!

You may not need to ask your client all of these questions. Ask only the ones that are relevant for her situation. The point is to get her talking and thinking through these topics.

These may be touchy topics for her if she has an addiction to cigarettes, alcohol, or drugs. You will help a client best by asking the right questions. She needs to own the problem and the solutions in order to be successful. Encourage her to make decisions that will be best for her baby. Ultimately she wins, too.



Empathy and compassion are the best way to support someone.

1. If you are a smoker, are you concerned about the effect smoking may have on your baby? Why or why not? ***This question is designed to begin a conversation with your client about her smoking addiction and to talk with her about the reasons she should quit. She may have tried to quit before unsuccessfully, or she may just not see a need. It is important not to preach to her, but to encourage her to quit. Nobody ever quits because they were preached to. They quit with support, encouragement, and empathy.***
2. If you are a smoker, are you ready to quit smoking? ***Whether your client is or is not ready to quit, you can still encourage her to try. Ask her what her fears are. Encourage her to check out www.smokefree.gov. Through this site:***
 - ***She can build a plan to quit.***
 - ***She can discover and manage her emotional, habitual, and social triggers.***
 - ***She can make a plan for managing her cravings.***
 - ***She will receive tips for removing smoking reminders from her home.***
 - ***She can select ways to receive extra help.***

Let her know that you will also be an encouragement to her.
3. If you are not a smoker, but you are around people who smoke, what are the risks to you and your baby? ***This question is meant to begin a dialogue about how she can control her exposure to secondhand and thirdhand smoke. Help empower her to control the environment she and her baby are in to reduce their exposure.***
4. What concerns, if any, do you have about the effect alcohol could have on your developing baby? ***Your client may have drunk alcohol at some point while she was pregnant (maybe before she knew she was pregnant). She may be worried about her baby. Let her share her concerns. Empathize with her. Encourage her to abstain from alcohol for the rest of her pregnancy and while breast feeding. If she shares that she cannot control her drinking, then encourage her to seek her doctor's help.***
5. What concerns, if any, do you have about drug use while pregnant? ***This question is designed to begin a dialogue between you and your client about her drug use. She may have taken drugs while pregnant. Encourage her to understand that any potential health problems can be dealt with. Encourage her to stay drug-free from this point on. Encourage her to ask for her doctor's help if she has an addiction.***