

## Discussion Questions

### For the Parenting Instructor:

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

1. You have a voice in deciding the things that are important to you in your labor and delivery experience. But in order for this to happen, you must talk to your provider. If your provider isn't willing to respect your birth plan, then you can always choose another provider. What are some things you want in your birth experience? These are the things you'll need to discuss with your current provider or with a potential provider.

***This question was designed to help your client understand that she is in control of her birth experience and should choose a provider who will respect her wishes as long as it is safe to do so. But she needs to communicate and discuss these things with them. For example, does she want to try a vaginal birth after having a previous C-section? Does she want a water birth, and can they support that? Does she want a birth with little to no interventions? Does she want an episiotomy, or does she want to explore more natural measures to help prevent tearing? What pain measures does she want. She should ask a provider what they would do if she went past her delivery date. What is their philosophy on inducing labor and when would that happen? What are their C-sections statistics? How do they feel about skin-to-skin contact immediately after birth? Let your client know how important her voice is and that she has choices. Help her to make a list of the things that are important to her so that she can discuss them with her provider. Share your own experiences with her.***

2. A woman in labor should not drive herself to the hospital. Why do you think that is and who will take you when labor begins? What are some other things you need to prepare for in advance of labor?

***This question is designed to help your client start planning what her delivery day will look like. She should not plan on driving herself to the hospital. Labor is painful and driving during it can be risky. If she is alone, then she will need to arrange transportation to the hospital. This means someone close to her should be available and ready at all times as she nears her due date. Another thing she should arrange for in advance is childcare if she has other children. That person should also be available and ready as she nears her due date. Does she have someone, like a birth coach, who can stay at the hospital with her and be her advocate as she goes through labor? What things did you arrange for in advance? Share some of the things you did to prepare for labor.***