

## 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. As we move through the video series and learn about the different stages of labor, which part of labor concerns you the most and why?  
***This question was designed to help your client understand that she is in Labor is scary, and it's scary for most women, even those with a lot of experience. Pain is not pleasant for anyone, and it's a little scary thinking about pushing a tiny human out of your body. Let your client know that feeling scared or nervous is completely normal. Let her share her worries. There is no one better to share them with than someone who's experienced it. Try to get to the bottom of her fear. Is she worried about the pain, pushing, or tearing? Is she worried about holding her baby for the first time, feeling love or connection with her baby or being able to breastfeed after birth? Is she worried about motherhood? This is a great time for you to share the fears you had about labor and delivery and how they played out.***
  2. One of the recommendations for distractions during transition is sensory overload. This can be done several ways using the five senses. What are some ways you can overload your senses to help distract you from pain during the transition phase?  
***This question is designed to help your client prepare some techniques for the transition phase in labor. Some valuable distractions she may want to consider are scent: vanilla and lavender; touch: the palms, lips, and feet; and sight: focusing her view on something and not losing focus. These techniques can also make the labor experience special and more pleasant. She will need to communicate with her support person to help her with these techniques. Assure her that while intense, the transition phase is typically the shortest. Share with her things you did to get through transition.***