

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. Having a birth coach with you during labor and delivery is a great help. They can do many things to help you through labor and birth. Who will or did you choose to be your birth coach and what role will they play in your labor and delivery?

Labor and delivery is the only thing a mom should have to focus on. This is why having a birth coach in the room with her is such a good idea. They can run interference between family members who outstay their welcome, the medical staff if they're not answering her call button, and be an encouragement when labor drags on or gets painful. They're a comfort so that she doesn't have to labor alone. They can even send birth announcement texts when the baby is born along with a pic or two. The birth coach can be her partner, a good friend, her mom, a doula, or anyone she trusts to look out for her best interests. They don't have to have medical knowledge; they just need to know what she has in her birth plan and that her wishes are carried out. The birth coach is a support role. It is important that she establishes who will be in the room with her during labor, and who will stay in the room when it comes time to deliver. The birth coach should be as involved as possible in the earlier stages of labor so that (s)he's in the groove once the mom reaches transition. If she hasn't chosen a birth coach yet, then help her think through who that person can be and what kinds of things she would like them to do for her.

2. A perfect birth is when the family gets what they want and the baby is born healthy. What does your perfect birth look like?

Have your client close her eyes, sit back, and think about how her birth experience plays out. Have her share this with you out loud. Research has shown that the power of thinking through how you would do something the right way will help you actually make it happen. Help her visualize and voice her ideal birth. Let her talk through the birth from the beginning of contractions at home through post-natal care after delivery. Encourage her to stay focused on having a positive birth experience, but to also stay flexible as much as possible so that if things do have to change for the health and safety of her baby, her experience is still a positive one—bringing home a healthy, happy baby.