

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. While research has shown that a mom's stress during labor doesn't have any negative effects on the baby, why is having good support for you during labor and delivery still important?

Your client is valuable, and she deserves care and support. Help her to know how valuable she is. Her comfort and emotions are important, and birth is a very big deal. But also, the more prepared she is for labor and delivery and the more support she has in the room will help her have a more positive labor and delivery experience, even if issues arise. All of this will increase the bond she has with her baby and will help the baby to thrive after birth. Encourage your client to take advantage of the services she can get at the hospital. She has experienced nurses to answer her questions, lactation specialists to help her begin breastfeeding if that is her plan, and other trained medical staff to help her in any way she needs. She should lean on them while she is still at the hospital. They can also help line up community services if she needs them after she leaves the hospital.

2. Bringing a baby home is a huge deal. You are suddenly responsible for keeping a tiny little human alive. And you will be tired and sore while healing. What are your concerns, if any, for caring for your baby when home, and what are some things you can do to help get the rest you need to heal?

Coming home from the hospital can be scary for some moms. The realization that they are responsible for keeping their baby safe and thriving is a big deal. Add to that healing and exhaustion from giving birth. Help her to realize the need to line up help and to try and sleep when her baby sleeps. If she can prepare some healthy meals ahead of time and freeze them, that will help her get more rest too. Also, if she has any problems breastfeeding, then she should call her provider right away and get referrals for a lactation coach. Encourage her to attend all of her postpartum provider visits and baby wellness visits as well. She has a great support team in her providers, and she should not hesitate to call on them any time. And finally, is there someone at your center who can help when she has non-medical questions? Someone who can mentor with breastfeeding techniques, baby comfort techniques, or just to be an encourager and support?