

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.

Discussion Questions

1. What symptoms of baby blues or postpartum depression are you experiencing? Symptoms of depression can begin even before you give birth.

Answers will vary but could include sadness and weepiness, irritability and moodiness.

This question is designed to get your client talking about her depression or blues. Many women suffer in silence because they're afraid or ashamed to discuss it. Help her to identify her symptoms and encourage her to know that she is not alone. Many women struggle with the blues or PPD. There is no shame in it. Encourage her to see her provider for help.

2. How have you struggled with depression or anxiety in the past? Who else in your family has struggled with depression, anxiety, or any other mental disorders?

Answers will vary. This question is designed to encourage your client to look back into her family's background, and her own, to see if there is a history of PPD, depression, anxiety, or any other mental disorders that may be contributing to her current depression. Women who come from a family with a history of these issues often suffer from them as well. It can be comforting to know where these issues may have come from and for her to see it as an illness that is shared within her family. It's also comforting to know that PPD is shared by many women.

3. What other stressful or painful circumstances have you experienced recently that may have contributed to your anxiety or depression?

Answers will vary. This question is designed to help your client identify some of the experiences she's recently had that could contribute to PPD. It could be things like abuse, death, divorce or a breakup, a past history of miscarriage(s), extreme stress, a painful loss of any kind (such as a job, a close friend, a move, etc.), illness, a difficult pregnancy, birth defects or illness her baby has suffered, a traumatic labor and delivery, etc. It helps, and is comforting, to talk to someone about these tough experiences, and it is helpful for her to voice her fears.