BrightCourse
At-Risk Pregnancies

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. What preexisting health conditions did you enter pregnancy with, and what concerns do you have for your pregnancy?

    This question is designed to help your client talk about any fears she may have about any health issues. Reassure her that many health conditions can be treated or managed with the help of her provider. By managing her health conditions well, she is likely to deliver a healthy baby. Reinforce that prenatal checkups are a critical step in managing a preexisting health condition. Her provider will keep a close eye on the progress of her pregnancy, and on her baby and her health.

2. What things are you doing to take good care of yourself?

    Part of managing her health or any medical conditions involves taking good care of herself. She should be getting lots of rest, eating a well-balanced and healthy diet, and staying away from eating fatty and sugary foods. She should also be taking some time to indulge in the things that relax her and make her happy, such as getting together with friends, reading or listening to a good book, soaking in a warm tub, or taking walks. Low-impact, gentle exercise, if her provider allows it, are also a great stress reliever. Walks, swimming, and stretching are good ways to take good care of herself.

Get some low-impact exercise to help reduce your stress and to keep you at a healthy pregnancy weight.