

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.



This baby is just 14 weeks old. Look how the little fingers are formed already!

1. One of the best parts of your second trimester is your ultrasound appointment at about 18 weeks. You will get to see your baby! Are you going to find out if you're having a boy or girl, or are you going to wait until the birth to find out? Are you excited, scared, or worried about this ultrasound? Why did you answer the way you did?

This question helps your client dream a little about her baby and helps her to bond with her baby. It also helps you to know if she has fears or worries so that you can help her through them. If she has a family history of birth defects or problems, then she may be worried or scared.

2. What has your provider discussed with you at your prenatal checkups? Do you have any troubling family history, such as a history of gestational diabetes or high blood pressure? What concerns do you have?

This question is designed to help your client talk about any concerns she has.

3. What are some of the questions you would like to ask your provider?

The video talks about the idea of writing down questions to take to a prenatal checkup. This question is designed to help her begin doing that. Discuss with her what kinds of questions would be good to ask her provider, and give her a piece of paper to write them down. Here are a few to get you started:

1. Discuss any concerning symptoms.
2. Discuss any concerns about morning sickness she is experiencing.
3. Discuss how much exercise she can safely get.
4. Discuss any concerns about depression or anxiety.
5. Discuss any concerns about problems with sleeping.
6. Discuss any concerns about constipation and what can help.