

### 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. How do you feel as you approach the end of your pregnancy? What things do you have left to get done in order to be ready for your baby's birth?

***This question is designed to help her think about the things she has left to complete. Help her to prioritize the needs from the wants. She “needs” a crib or bassinet for her baby to sleep in. She may “want” to hang a wallpaper border. She needs a few outfits. She may “want” outfits for every stage of growth. Help her to focus on the necessary things.***

2. What is your budget for buying the necessary things? Are you sticking with your budget?

***This question is designed to help her focus again on the necessary things and not overspend on the fun, want-to-have items. Help her to see that overspending can be harmful to her financial situation.***

3. Are you nesting? If so, what kinds of activities have you been doing to prepare for your baby's birth? If not, why do you think you haven't felt the nesting urge?

***Help her to see that nesting or not nesting is okay either way. Nesting doesn't make her a better mother. It's simply nervous energy spurred on by the fact that she only has a limited time before MOST of her time and energy will be taken up by a newborn baby.***

