

## 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. After you have watched this video, what are the reasons you eat unhealthy foods?

***This question is designed to get your client to begin thinking about why she eats unhealthy. Is she an emotional eater and eats to compensate for big emotions that are hard to deal with? If so, encourage her to find a healthier way to cope with stress, sadness, or depression. Does she eat poorly out of habit? If so, encourage her to make a plan to eat healthier and encourage her to find someone to be accountable to. Does she eat junk, fast, and processed foods because she doesn't want to put in the effort to eat healthy? If so, then encourage her to understand the health risks in not making the effort. Or does she eat unhealthy because she likes the taste of junk food more than she does healthy food? If so, then encourage her to find delicious healthy alternatives to the junk food.***

2. What are some easy changes that you can begin with in order to eat healthier?

***We can ALL find small changes to make to our diets. Encourage your client that lots of small changes over time equal big changes in the long run. Gradually eliminating the unhealthy foods make the changes feel less drastic. But over time, she will feel and look better. Some easy changes she can make are adding more fruits and veggies to her diet, cutting out some of the baked goods made with refined flours and eating more whole grains, and cutting down on added sugars, fats, and oils.***

3. What are some of the great benefits to eating healthier?

***Understanding the great rewards that make pushing through the tough changes worth it. Here are a few benefits:***

- ***Losing weight***
- ***Modeling good habits for her kids***
- ***Feeling better***
- ***Having more energy***
- ***Getting sick less***