

## 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. It's hard to imagine that in these short thirteen weeks, your baby has developed all of her body systems and most of her internal organs. Your baby is a complete little person, just growing and maturing until birth. How are you feeling about your pregnancy?

***This question is designed to help a woman think about her pregnancy in relation to her baby. She is creating a unique little person! Help her to keep her baby in the forefront of her mind through all of her struggles, emotions, and physical discomforts.***

2. What symptoms are you experiencing in your first trimester, and what remedies have you tried in order to feel better?

***Pregnancy is hard! Some women struggle with the physical symptoms more than others. Thirteen weeks is short, but also long when you're not feeling well. Talk to your client about her symptoms. Make sure that her morning sickness isn't causing her to become dehydrated.***

3. Many women liken their emotions in their first trimester to a roller coaster. What emotions are you experiencing? How extreme are your emotions?

***This question is designed to help identify depression in pregnancy. The video encourages a woman who is experiencing depression or anxiety most of every day to see her medical provider. Depression and anxiety after the baby is born, ignored in pregnancy, can lead to postpartum depression and anxiety.***



A picture of a baby at just 7 weeks old. You can see the little fingers and the lips.