

What's Safe in Pregnancy?

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. Before you got pregnant, you likely didn't think so much about your exposure to many chemicals. But now that you are pregnant, you should be thinking about avoiding the things that are potentially harmful. What changes have you made in order to avoid chemicals?

This question is designed to help your client think about the things that would be harmful to her baby. Some things to encourage her to avoid are toxic cleaning sprays, oven cleaners, exposure to bleach and ammonia, hair dyes applied to the scalp, oil-based paints, fertilizers, and bug and weed killers. If she needs to use any of these chemicals, then encourage her to have someone else do it for her.
 2. Do you have any pets living inside of your home? If you have cats, what precautions are you taking to avoid exposure to toxoplasmosis—a harmful parasite found on their feet or in their litter?

She should have someone else change the litter. She should also keep cats off of surfaces where she cooks and eats, and keep those surfaces disinfected. She should also wash her hands after petting the cat.
 3. What habits did you change when you found out you were pregnant? What habits do you need to work on?

This question is designed to help your client think about some of the harmful habits that she needs to work on. These would be things like smoking, drug use, or alcohol consumption. Maybe she needs to eat a healthier diet—cut out sugar, fats, or processed foods. Maybe she needs to get more sleep or exercise. Encourage your client and be her accountability partner to help her make healthy changes.