

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. Now that you are moving into your second trimester, you are likely feeling better or different. Some of your symptoms may be lessening and some changing. How are you feeling about your pregnancy, and how are you feeling physically and emotionally? What changes have you noticed since you first found out you were pregnant?

This question is designed to help your client think about her pregnancy, her body, her emotions, and how she is changing as she progresses through her pregnancy. Help her to recognize those changes, the progress of her pregnancy, and the development of her baby. If she had a rough start with morning sickness and fatigue, she will likely be feeling better.

2. Pregnancy is the perfect time to take good care of your body and emotional health. What things are you doing to take great care of yourself?

This question is designed to help your client understand the need to take care of her health. She should be attending prenatal checkups, attending dental checkups to keep her teeth and gums healthy, and following a well-balanced diet to help reduce her sugar intake in order to prevent gestational diabetes and extra weight gain. She should be taking her prenatal vitamins and getting some light exercise. She should also have a good support group in place for the emotionally rough times.

3. What concerns do you have as you move into your second trimester?

Most women have a few concerns as they progress through their pregnancies. It might be worries about their bodies, concerns about their health or the health of their babies, or just concern over the aches and pains they feel. Having someone to share her concerns with helps her emotionally and gives you the opportunity to help her get some answers she may need. Help her make a list of questions to take to her next prenatal checkup.