

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.

Now that you're in the final stretch of your pregnancy, do you feel like you're prepared to have your baby? In what areas do you feel most prepared? In what areas do you feel you need more preparation?

These questions are designed to allow the client to share her emotions involving her upcoming birth. If she says she does feel prepared, praise her and ask her what she's done to prepare. If she doesn't feel prepared, ask why she doesn't feel that way and whether there is anything you can do to help her. If the client is unsure about sharing her feelings, it might be a good idea to share your own experience, such as, "With my first baby, I was so worried that I didn't have what I needed for the hospital. Do you have worries about that?"

Have you started coming up with a birthing plan? What things have you planned for?

These questions should help make the mother feel more comfortable and better prepared with her birthing plan. These questions serve both to give her an outlet for her emotions and also to help her talk through her plan to make sure she's ready for labor. If she doesn't seem prepared or hasn't come up with a birthing plan yet, suggest writing one out together. The plan can include things such as pain management options, episiotomy options, cord clamping options, breastfeeding options. Who will cut the umbilical cord? Who will be her birth coach? Whom do they want in the room during delivery? Who will be the first to hold the baby? Who will call friends and family to announce the birth? Talking through the different options will help her plan for the different aspects that come with the birth and soothe any fears she may have about labor.