

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. Taking care of a baby who cries inconsolably is hard on you. The first thing you need to do in order to protect your baby is to know what is normal. Crying is normal for a baby. What are some things you can do to help your baby if they begin to cry?

This question is designed to help your client think about what is normal for her baby. Maybe her baby begins crying or getting fussy at a certain time of the day, or maybe her baby only cries when over-stimulated. Maybe her baby becomes inconsolable if she takes too long to respond to a need, such as hunger or a diaper change. Understanding some of her baby's unique reasons for crying can help her to make a plan to help prevent some of the crying or to line up help for her own relief.

Some of the things she can do to help her baby when they cry is check to see if they are hungry or uncomfortable. Does the baby have a rash, bites, teething pain, or need a diaper change? Can she soothe her baby by going for a walk, a drive, or by rocking them? Will a vibrating bouncy seat help, or a swing, a bath, or baby massage? Lastly, she may just have to put the baby in their crib where they're safe and walk away for a bit. And that is okay.
 2. The second thing you need to do is recognize when you need help. How do you feel when your baby cries, and you can't soothe them or stop the crying?

This question could easily be answered with one word, but one word will not get to the core of her feelings. Help her to dig deeper into how she feels when her baby cries. Adults all have different temperaments and react differently to stress. A crying baby brings out a lot of emotions in a parent. It doesn't make her a bad parent to recognize those emotions. She may get to a point where she feels hate or rage. It's when emotions get to that point that she needs to ask for help. One moment of rage could turn into tragedy.
 3. Finally, you must know the risk factors that lead up to shaking a baby or child. The video talks about persons who are more likely to succumb shaking a baby. Think about your situation. What are the risk factors in your home?

The video talks about exhausted parents, males related to the baby, followed by boyfriends, stepfathers, mothers, temporary caregivers, and others. Talk to her about the potential risk factors in her home. Maybe it's her isolation or a boyfriend. If her baby cries a lot, she must consider the ability of any caregiver to cope and respond appropriately to the crying.