

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. The thought of delivering by C-section can be a little bit scary. Any surgery is. What about a C-section delivery is most frightening to you, and why do you think it frightens you?

This question is designed to help your client begin thinking about how she feels about a C-section and to consider the things about it that frighten her. She may not have a C-section planned, but there is always a possibility that she could end up delivering that way, if complications arise during labor and delivery. Or she may have a C-section scheduled due to a complication in her pregnancy, a baby in the breech position, or because she is carrying multiples. Help her to voice her fears and work through them. Help her to understand that it's normal to feel fear, and voicing her fears is a great way to keep them from controlling her. Help her to get to the root of her fears. Are they because of other moms' horror stories? Are they because she doesn't feel confident in her doctor or the hospital? Are they because she is simply afraid of surgery and the risks for complications? This is all normal. Share the fears you had regarding your delivery, and help her to see that every mom has some fear about delivery, regardless of how they deliver.
 2. What things are you doing to prepare in advance for recovering from pregnancy and a C-section delivery?

Recovering from pregnancy and any type of delivery is something to think about before you bring a baby home. But especially if you deliver by C-section. A cesarean delivery is a major surgery, and recovery involves healing from two incisions—one in the abdomen and one in the uterus, in addition to the normal recovery from pregnancy. She will be sore and tired and need to get plenty of rest to heal well. She will need to keep on top of her pain medicine. Engage your client in conversation about the ways she can prepare. Empathize with her that it is often hard to ask for help. No one likes to do it. But the help of friends or family will enable her to heal faster and take better care of herself and her baby. Some ideas are to line up help during the day so that she can get extra rest; stock up on baby supplies and food so that she won't need to run to the store for a few weeks; and keep visitors to only those who can help her, so that she won't feel the need to entertain. She can also line up friends and family to bring meals to her home, and not plan any outings while she is healing. Share with her the things you did to prepare to bring your baby home.