

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. You heard three couples share about their worries and fears. How has your first trimester been, and what fears or concerns do you have about your pregnancy or about being a parent?

Pregnancy is hard, even in the best of circumstances. But in difficult situations where the future feels uncertain, pregnancy can be especially rough. Add pregnancy hormones in the mix, and your client(s) may experience real fear, anxiety, or even depression. If both the baby's father and mother are present at the appointment, encourage them to both share their concerns. Help them to feel heard and understood. Share about how you felt when you were pregnant, the emotional ups and downs that came with pregnancy, and how your worries were resolved. Sometimes just speaking our worries out loud can take away the power they have over us.

2. Being pregnant and bringing a baby into your life naturally causes a lot of changes. What kinds of changes are you experiencing now, and what changes do you anticipate going through once the baby is born? How do you feel about these changes?

Change is hard, especially if it is unexpected and unplanned. Being pregnant can cause educational or career plans to be put on hold, or even moving or vacation plans. Morning sickness, extreme fatigue, and other discomforts can make doing these things very hard. Also, bringing a baby into the world when you're not ready can really upset life at times. Sometimes it even affects relationships. Ask your client to share the changes the pregnancy is causing and her feelings about those changes. You can share about the changes your pregnancies brought in your life, and how you coped with them. Sometimes we have to grieve some of the changes before we can accept them. Validate her feelings and give her comfort by listening and caring.

