

## Second Trimester Expectations

### 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. All three women in the video have pregnancy symptoms that are uncomfortable at times. But not all of the symptoms are bad. They also find that in their second trimester, they now have more energy, feel less exhausted, and their morning sickness is gone. As you move into your second trimester, share a little about the new symptoms you're experiencing and about the first trimester symptoms that have lightened up for you.

***Pregnancy symptoms can affect how a woman feels about her pregnancy. She can still be excited or happy about having a baby, but she may not be excited about the discomforts that come with pregnancy. Empathize with her about the discomforts she is feeling, and encourage her to look at the first trimester symptoms that have lessened or stopped. Listen for signs of depression, and point her to her medical provider if you hear them. Share with her about the pregnancy symptoms you've experienced and how you got through them.***

2. So many things affect how a woman feels about her pregnancy. Life circumstances, physical and emotional symptoms, medical issues, parenting decisions, past pregnancy loss, and more can impact how you feel. Share how you are feeling about your pregnancy and what things in your life impact these feelings.

***Pregnancy is tough on some women. And depending on the circumstances around her pregnancy, she may be struggling to feel good about it. Be a good listener. You can't fix her problems, but you can be someone she can talk to and connect with. Or she may be happy and excited about her pregnancy. Celebrate that with her. Share your pregnancy experience, if it is appropriate, but most of all, be a caring listener. If you feel like she is showing signs of depression or hopelessness, then ask her to see her provider right away for help.***