

## Third 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. In the video, each of the couples were dealing with something major. Laila and Joseph were stressed about adding an unexpected new baby to their already large family. Mikayla and Kyle were figuring out parenting separately and trying to decide whether or not to make an adoption plan. Mariah and Tyler were trying to figure out permanent living arrangements and financial struggles. Life happens, even in the midst of pregnancy. What kinds of things are you struggling with or trying to figure out as you come to the end of your pregnancy?  
  
***This question will help your client to understand that there is no perfect time to be pregnant. Life happens to everyone, but we adapt. Pregnancy is a part of life. Even though there are struggles and problems that must be dealt with, there are still many moments of joy as her baby grows and develops, moves and wiggles, and gets ready for birth. Grasp on to those moments of joy. Maybe it's in the beautiful image of her child captured on ultrasound or the first time she feels a kick or a poke. Maybe it's in the little moments of quiet, when she feels peace or in the excitement of her gender reveal or baby shower. No matter her financial situation, no matter her living situation, no matter her struggles or worries, she is a mom, and life is a celebration.***
  2. The third trimester brings lots of new changes to your body, some new symptoms, and sometimes a recurrence of earlier symptoms. Mariah and Laila had a recurrence of nausea. All three had trouble sleeping. What types of changes and new symptoms are you experiencing in your third trimester, and what earlier symptoms have returned, if any?  
  
***The growth of her baby will bring on new symptoms and changes. When the baby flips, she'll likely find herself needing to urinate more frequently. As the baby grows and presses on her stomach and as her muscles relax due to hormones, heartburn can happen. These are all normal but uncomfortable. Talking about the changes and symptoms can help alleviate worry. You can share with her the symptoms you experienced. All of the symptoms and discomforts will be worth it in the end when she gets to hold her sweet baby.***