

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. Finding out you're having twins or more can be overwhelming and you may be wondering, "How did life get so out of control?!" There is a lot to think about and plan for. How are you feeling about having more than one baby, and what things concern you the most??

There is a lot to think about, starting first with the pregnancy. It may be harder for your client. She may have harder pregnancy symptoms or worries about the health and well-being of her babies. Encourage her to share her concerns like these with her provider. She may also be worried about how to parent multiple babies, how to take care of them, and how she is going to get enough of her own sleep. These are legitimate concerns! It's always a good idea to talk about worries and concerns. They have less power when expressed. Discuss with your client some ways she can plan ahead. Help her figure out how to create a support team of family and friends. Encourage her that she does not have to face this alone. The more she plans and prepares for, the more in control she will feel.

2. Life definitely changes when you find out you're pregnant with multiple babies. What are some things you're doing to take great care of yourself?

Taking care of ourselves is not always something moms think about because we are always taking care of someone else. But when you're pregnant with twins or more, you have to be purposeful about it. Carrying two or more babies is exhausting work. If she's not already, then encourage your client to take more breaks, make more time to put her feet up and relax, take warm baths, and get help as she progresses through her pregnancy. Encourage her to get light exercise as long as her provider says it's okay—things like taking walks or swimming. Nothing strenuous or high-impact. Encourage her to eat a healthy diet and not to worry about weight gain. In fact, adequate and healthy weight gain is super important when carrying multiples, and it can help prevent pre-term labor. When you're a mom, pregnant with multiples, life is all about you and your babies, so she should take the time to take great care of herself.