

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, Laila, Mariah, and Mikayla all opted not to take birth classes, where they could have learned more about different pain-management techniques for labor. How do you feel birth classes would have helped their experience, and what would you like to get out of birth classes?

This question is designed to help your client think about labor and her options for managing pain. Epidurals are not the only option. Labor and pain sound scary, but as painful as it is, the pain is productive. There are several options for managing it that should be explored. The medical options do carry a degree of risk. This is a great time to explore your client's fears of labor and pain with her, and talk with her about her ability to manage it if she learns different techniques. Encourage her to take a birth class through her local hospital or one found through her medical provider. In addition to learning about managing pain, birthing classes prepare a woman for what to expect, how to know when she is in labor, when she should go to the hospital, what her options are in her birth experience, and more. Going into labor with more knowledge can help alleviate a lot of fear and confusion.

2. Even if you are sure you want an epidural, what are some reasons you can think of for learning different pain management techniques?

This question is designed to help your client think about exploring different pain-management options. Sometimes epidurals are administered later in labor, so she may still need a way of managing pain prior to that. There may also be times when the anesthesiologist isn't immediately available to administer the epidural, and she must handle painful contractions. Finally, epidurals don't always work. Laila, in this video, didn't have the benefit of the epidural in the end, and had to manage her pain during delivery. Understanding other techniques will help a woman feel more in control and give her peace of mind. Help your client to realize that her body was designed to deliver a baby, and she can get through labor and delivery even if her first choice for managing pain doesn't work out.