

Labor & Delivery - Getting Ready

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 his 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. This lesson gave the example of a mom on TV who struggles through labor then becomes all smiles and tears once baby is out. How do you think this is possible?
We know childbirth is not absent of pain. In fact, we can pretty much guarantee there will be pain. Yet, we see time after time a mother on tv struggle through pain and smile just moments after the baby is born. Ask your client how this could be possible? Physically, after the initial crowning, burning or stinging will stop because the tissue naturally becomes numb from the baby's head pressing against nerves. Mom must make a conscious effort to relax and let her body work to deliver baby. Once baby comes out, the intense contractions stop, ending the pain. Emotionally, mom has worked hard and now her reward is in her arms. After nine long months of pregnancy and what may have been hours of labor, she's holding her prize. There is an immense amount of relief both physically and emotionally that brings joy to a mother who's just delivered her baby.
 2. The final part of the first stage of labor is the transition phase and is known as the most challenging phase. What fears do you have concerning the transition stage?
Many women agree that transition is the hardest part of labor. Transition is when the cervix fully dilates and can last from 30 minutes to two hours. Ask her what fears she might have concerning this stage. It's understandable for her to have fears around something she's never done and only heard about the challenge of. Help her see that it's only one part of delivering her baby and is followed by pushing which is one step closer to holding her baby in her arms.