

### 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. Having a birth coach can be incredibly helpful if you choose the right person. Who are some people you want to consider as your birth coach? Why are you considering them?

***Having a baby is a big deal. Choosing who will be there to support you in the process is a big decision. The video listed three good options for a birth coach: partner, certified labor doula, and family or friends who have child birth experience. Ask your client who she's considering to have with her during labor and delivery. Why is she considering them? Help her weigh the pros and cons of each person she suggests. Ask her important questions such as "Will this person support your decisions or push their opinion on you?, Will this person agree with your decision for pain-relief?, Is this person someone you find comfort in?" Take this opportunity to share with her who you had present for your labor and delivery, what you liked about having that person and what you would have preferred been different.***

2. Practicing is an important part of training your birth coach. Which scenarios presented in the video or on the fact sheet are you most concerned about? How could you practice them ahead of time with your birth coach?

***The video and factsheet present several scenarios that should be practiced prior to labor and delivery to insure the birth coach is on the same page as mom. Ask your client which of the scenarios she is most concerned or nervous about - interventions, pain relief, communication, etc. Then walk through how she could prepare and practice for each scenario. Aside from having a conversation and role playing with her birth coach, having all her wants and desires written down in a complete birth plan will help ensure everyone is on the same page.***