

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. As you move through your third trimester, you may be feeling some occasional contractions. It is important that you be aware of the signs of preterm labor, especially if this is your first baby. To do this, you should learn how to distinguish Braxton Hicks contractions from true labor. Talk about the contractions you have been feeling. How do you think they are different from true labor?

This question is designed to help your client think more carefully about preterm labor and how to identify it. Braxton Hicks contractions can be uncomfortable, but they should not really hurt like true labor does. They will be an irregular and infrequent tightening of the uterine muscles. They will go away when she drinks some water or changes position. The point is, they come and go and do not have a regular pattern. However, if she is experiencing more than four contractions per hour prior to 36 weeks in her pregnancy, then she should call her medical provider. True labor contractions are consistent and build in intensity.

2. What discomforts have bothered you the most in your third trimester? What have you done to help alleviate those discomforts?

Most discomforts can be alleviated with a little exercise, a healthy diet, adequate hydration, and rest. The third trimester is hard on a woman's body as her baby takes up more space and pushes on her vital organs. Encourage your client, as you listen to her share about the discomforts she is experiencing, to try natural remedies first before OTC medicines, and to call her provider for help if she needs it.

3. At about 32 weeks, you should begin counting your baby's movements each day. Typically, you want to feel about ten movements in a two-hour period. You do this by lying down and counting any movement you feel within a two-hour time frame. What are your baby's movements like? How many movements have you felt in a two-hour session? When is your baby most active or more quiet?

This question is designed to get your client thinking about how much her baby moves and to start tracking the movement. This is important as she moves through her third trimester. She will only notice less movement if she is keeping track. If she feels less than ten movements in a two-hour period, then she should talk to her provider. If she stops feeling any movement at all, then she should contact her provider right away.

