

Five New Mom Coaching Questions

These are five great questions that you can gently ask a new mom. It's best to create a neutral and non-judgmental environment when asking questions and respond with acknowledgements...stay away from advice unless the Mom specifically asks.

If you are a new mom, use these questions to start your own journal, to write your "birth as a mother story" and to make meaning from your experience.

- 1. Tell me about your pregnancy experience?*
- 2. What was unexpected or difficult about the birth?*
- 3. How are you coping in the transition to motherhood?*
- 4. What do you love best about your baby?*
- 5. Tell me about the activities of being a new mom that are challenging.*

As a MOMCOACH, we can take this initial process further and I can guide you through some simple ways to release any emotional issues you may continue to carry from as you transition into motherhood. Feel free to e-mail anytime: andrea@momcoach.ca