

Open-ended Questions

Question	When you would use it
"Tell me what you know about..."	This is a good way to introduce the need for change in a participant's behavior.
"I wonder, how much do these challenges affect you?"	This will probe a participant's inherent motivation to change behavior that is contributing to the challenges that she faces during a typical day.
"Tell me more about what choices you have."	This will allow you to probe further into lifestyle issues and stressors in the participant's life.
"What is the difference between your choices now and before you were pregnant?"	This is a good way to address both past and present behavior and opens the door to offering positive reinforcement for behavior changes.

Other questions you may want to ask throughout the conversation:

- "What is one thing, related to your health, that you wish was different?"
- "What is your biggest concern for your baby/child?"
- "What concerns do you have about making changes?"
- "What things make you think that this is a problem?"
- "How has breastfeeding stopped you from doing what you want to do?"
- "What difficulties have you encountered trying to change your food choices?"
- "How do you feel about breastfeeding?"
- "What is there about your smoking that others might see as reasons for concern?"
- "The fact that you are sharing with me indicates that you are interested in learning about nutrition. Why do you want to learn about food choices?"
- "What makes you think that you need to make a change?"
- "If things worked out exactly as you like, what would be different?"
- "If you decided to change, what do you think would work for you?"