

Open-Ended Questions

Open-ended questions are a great way to start a conversation and to keep it going. They can make it easier to gather more information and encourage deeper conversation. It is important to allow some moments of silence after asking open-ended questions to give the client time to think about the answer. Open-ended questions can help guide the conversation so it flows more easily; while also allowing for the gathering the information needed for education and counseling.

Examples

- "What is one thing, related to your health, that you wish was different?"
- "Tell me what you know about [insert topic]?"
- "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?"
- "Tell me more about what choices you have."
- "What difficulties have you encountered trying to change your food choices?"
- "How do you feel about breastfeeding?"
- "I wonder, how much do these challenges affect you?"
- "What is there about your smoking that others might see as reasons for concern?"
- "What makes you think that you need to make a change?"
- "If things worked out exactly as you like, what would be different?"
- "What is the difference between your choices now and before you were pregnant?"
- "If you decided to change, what do you think would work for you?"

Resources

To learn more, click on each item below.

[Open-Ended Questions Energizer
\(Washington WIC\)](#)

[Asking Opened-Ended Questions
\(Nevada WIC\)](#)