

**Class #11:
THE IMPORTANCE OF GOOD COMMUNICATION AND
PREPARING FOR MY BABY'S BIRTH**

CLASS OUTLINE

- I. Announcements & Agenda
- II. General Review
- III. Personal Project Review
- IV. Relaxation Exercise
- V. New Material
- VI. Personal Project

I. Any Announcements?

II. GENERAL REVIEW

What do you remember most from the last class?

- Mothers and babies need many different types of support.
- We all have different kinds of needs, which can affect your mood and health.
- The attachment/bonding relationship between mother and baby is very important.
- Your baby has physical and emotional needs that change as he/she develops.
- There are three temperament types: Easy, Slow to Warm Up, and Difficult.

III. PERSONAL PROJECT

1. Did you complete your quick mood scale?
2. Did you do an activity with someone that improved your mood?
3. Did you write down examples of needs that are important to you?

IV. RELAXATION EXERCISE

Activity: ACTIVE LISTENING
(How to communicate with others to obtain support for you and your baby)



“Listening is the key in any relationship.”

INSTRUCTIONS: Get together in pairs. Each person will have 2 minutes (uninterrupted time) to describe the kind of person she wishes to become.

If you are the speaker:

- Is your partner listening to you?
- How do you know your partner is listening to you?
- How do you feel?
- What was good about what your partner did?
- What was not so helpful about what they did?

If you are the listener:

- Try to make your partner really feel that you are listening to him/her.
- Did you understand what your partner said?
- Repeat what you heard and ask your partner if you really understood what he or she was trying to say.
- Did you understand how your partner felt?
- Notice how your partner communicates (verbally and non-verbally).
- Check out whether you understood how he or she felt by asking your partner about his/her feelings.
- What part of what your partner said about the kind of person he or she is trying to become is most important to your partner?

Activity: COMMUNICATION STYLES AND YOUR MOOD



What's in the box?

3 TYPES OF COMMUNICATION STYLES

COMMUNICATION STYLES	<i>Respects wishes of others</i>	<i>Respects own wishes</i>
<i>Passive</i>	Yes	No
<i>Aggressive</i>	No	Yes
<i>Assertive</i>	Yes	Yes

1. What is your main communication style?

2. How does your communication style affect your mood?

3. How does your communication style affect your relationships with others?

Activity: GETTING YOUR NEEDS MET



- It is okay to ask for what you need.
- This will help others know what you need so that they can try to help you.
- There is a better chance (but no guarantee) that you will get what you want.
- The person may say “yes” or “no.” You may need to compromise.
- To get your needs met, it can help to make positive, clear, and direct requests.

STEPS:	MY EXAMPLE:
1. What do I need?	<hr/> <hr/>
2. Who can help me?	<hr/> <hr/>
3. Ask for what you need in a way that is clear and direct	<hr/> <hr/>
4. Respect the other person's right not to do what you request	<hr/> <hr/>
5. Be willing to compromise	<hr/> <hr/>

WHAT KEEPS YOU FROM EXPRESSING YOUR NEEDS?



1. Are you afraid of expressing yourself because:
 - you will be ignored, or rejected?
 - you will be in physical danger?
(For example, you are afraid you will be hit or humiliated).
2. If at any moment it becomes dangerous to speak your thoughts and feelings in a relationship, ask yourself:
 - is there evidence that the relationship is non-reciprocal, not mutually respectful and that your partner threatens or hits you?
 - what steps could you take to ensure your sense of emotional and physical safety?

REMEMBER: YOU HAVE THE RIGHT TO FEEL SAFE!!!



⚠ If you or someone you know is being affected by domestic violence, there are services in the community that specialize in helping people with these problems. Tell your group leaders if you are in a relationship in which you are afraid you may be hurt physically.

PREPARING FOR MY BABY

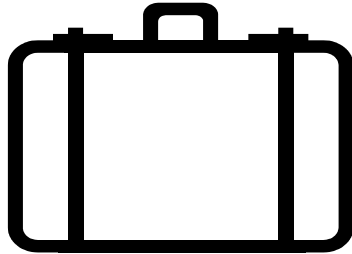


INSTRUCTIONS: The following checklists should help you get organized as you prepare to welcome a new member into your family. Don't be overwhelmed by a long shopping list of "things" for the baby. These are only suggestions -- you may not need or want some of these items. Please be sure to follow the recommendations of your doctor or midwife. Most of what your baby really needs you already have—a warm heart, strong arms, lots of love, and endless patience—and these don't cost any money.

<p>Baby's first clothes:</p> <ul style="list-style-type: none"> <input type="checkbox"/> 4 terry-cloth sleepers <input type="checkbox"/> 3 pairs of socks/booties <input type="checkbox"/> 2 receiving blankets undershirts <input type="checkbox"/> 3 lightweight tops <input type="checkbox"/> Other: _____ 	<p>Bathing supplies:</p> <ul style="list-style-type: none"> <input type="checkbox"/> 2 soft washcloths <input type="checkbox"/> 2 terry-cloth towels with hoods <input type="checkbox"/> Mild soap and shampoo <input type="checkbox"/> Baby bathtub <input type="checkbox"/> Baby brush and comb <input type="checkbox"/> Baby nail scissors or clippers <input type="checkbox"/> Other: _____ 	<p>Other equipment for the baby:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Bassinet or cradle <input type="checkbox"/> Crib and accessories <input type="checkbox"/> Changing table or padded work area <input type="checkbox"/> Car seat <input type="checkbox"/> Diaper bag <input type="checkbox"/> Other: _____
<p>Diapering needs:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Many diapers <input type="checkbox"/> Cotton balls, cotton swabs <input type="checkbox"/> Pre-moistened disposable baby wipes <input type="checkbox"/> Diaper-rash cream <input type="checkbox"/> Other: _____ 	<p>Feeding supplies:</p> <p><i>Bottle-feeding items</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> 4 bottles <input type="checkbox"/> 4 nipples, orthodontic type <input type="checkbox"/> Utensils: tongs, bottle brush, sterilizing pot, measuring pitchers, spoons <input type="checkbox"/> Other: _____ <p><i>Breastfeeding helpers</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Nursing bras <input type="checkbox"/> Breast pads <input type="checkbox"/> Nursing blouses & dresses <input type="checkbox"/> Baby sling <input type="checkbox"/> Footstool to prop feet while feeding <input type="checkbox"/> Other: _____ 	<p>Toiletries & medical supplies for the first couple of months:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Mild laundry soap <input type="checkbox"/> Petroleum jelly <input type="checkbox"/> Rectal thermometer <input type="checkbox"/> Antiseptic for cord care <input type="checkbox"/> Nasal aspirator <input type="checkbox"/> Antibacterial ointment <input type="checkbox"/> Cotton balls, cotton swabs <input type="checkbox"/> Vaporizer, type recommended by doctor <input type="checkbox"/> Penlight, tongue depressors for checking mouth (sores) <input type="checkbox"/> Calibrated dropper, syringe, or spoon for administering medicine <input type="checkbox"/> Other: _____
<p>Bedding supplies:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Crib or bassinet sheets <input type="checkbox"/> Covers <input type="checkbox"/> Soft comforter <input type="checkbox"/> Blankets <input type="checkbox"/> Other: _____ 		

PACKING FOR BIRTH

What do you need to be ready for the birth?



<p>Clothing for mother:</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 Bathrobe <input type="checkbox"/> Nightgown <input type="checkbox"/> Loose-fitting clothes for going home <input type="checkbox"/> Slippers <input type="checkbox"/> Warm socks <input type="checkbox"/> Nursing bra <input type="checkbox"/> Nursing gown 	<p>Homecoming clothes for baby:</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 undershirt <input type="checkbox"/> Socks or booties <input type="checkbox"/> Receiving Blanket <input type="checkbox"/> 1 gown <input type="checkbox"/> cap <input type="checkbox"/> Infant car seat <input type="checkbox"/> Diapers
<p>Labor-saving things:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Your favorite pillow <input type="checkbox"/> Your favorite blanket <input type="checkbox"/> Watch for timing contractions <input type="checkbox"/> Cassette player with favorite music <input type="checkbox"/> Massage lotion <input type="checkbox"/> Your favorite snacks <input type="checkbox"/> Your favorite charms or religious things 	<p>Toiletries:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Soap, deodorant, shampoo, conditioner (avoid perfumes; may upset baby) <input type="checkbox"/> Hairbrush <input type="checkbox"/> Toothbrush, toothpaste <input type="checkbox"/> Cosmetics <input type="checkbox"/> Glasses or contact lenses
<p>Other items:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Camera <input type="checkbox"/> Medical/hospital forms <input type="checkbox"/> Change for telephone calls <input type="checkbox"/> Your address book <input type="checkbox"/> Favorite book or magazines <input type="checkbox"/> Cab fare <input type="checkbox"/> Other: _____ 	

Ref: Sears & Sears (1993). The Baby Book. Boston: Little, Brown, & Co.

MY BIRTH PLAN



- When I am ready to go to the hospital, I will call:

- I will have the following person(s) at my birth delivery:

- I want my birth delivery to be like:

- I want the following person(s) to visit and be at the hospital with me:

- The following person(s) take me home:

- I will have the following person(s) help me during the first few days after birth:

VI. Personal Project: QUICK MOOD SCALE

INSTRUCTIONS: Circle the number that best represents how you feel each day. Also try to keep track of your positive and negative contacts with people, using the lines at the bottom of the scale. See if there is a relationship between how you feel each day and these contacts.

DATE:

BEST MOOD	9	9	9	9	9	9	9
	8	8	8	8	8	8	8
	7	7	7	7	7	7	7
	6	6	6	6	6	6	6
OK/AVERAGE	5	5	5	5	5	5	5
	4	4	4	4	4	4	4
	3	3	3	3	3	3	3
	2	2	2	2	2	2	2
WORST MOOD	1	1	1	1	1	1	1

Number of positive people contacts _____

Number of negative people contacts _____

OPTIONAL PROJECTS (pick one of the following):

- 1) Practice expressing your needs by making clear and direct requests. How do people respond?
- 2) Go over the preparation lists for your baby's birth. Make a list of items you still need to get. Talk to people about your Birth Plan to let them know what you would like them to do.

