

**Class #12:
USING THE COURSE TO BUILD A HEALTHY
LIFE FOR ME AND MY BABY**

CLASS OUTLINE

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

I. Any Announcements?

II. GENERAL REVIEW

What do you remember most from the last class?

- There are three main kinds of communication styles:
 - Passive
 - Aggressive
 - Assertive

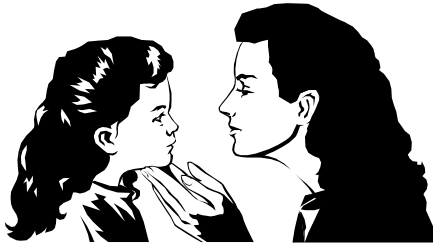
- Preparing for my baby's arrival

III. PERSONAL PROJECT REVIEW

1. Did you complete your quick mood scale?
2. Did you practice expressing yourself in a clear and direct fashion? How did this go?
3. Did you review the preparation lists for your baby's birth?

IV. RELAXATION EXERCISE

Activity: ROLE MODELS FOR ME AND MY BABY



Role models have different meanings for different people. For some people, role models are people (fictional or real) who have positive qualities that make others look up to them and want to be like them. For other people, role models are people who inspire them to behave in ways that make their lives healthier and happier. As a parent, you are your baby's first teacher and your baby's first role model!

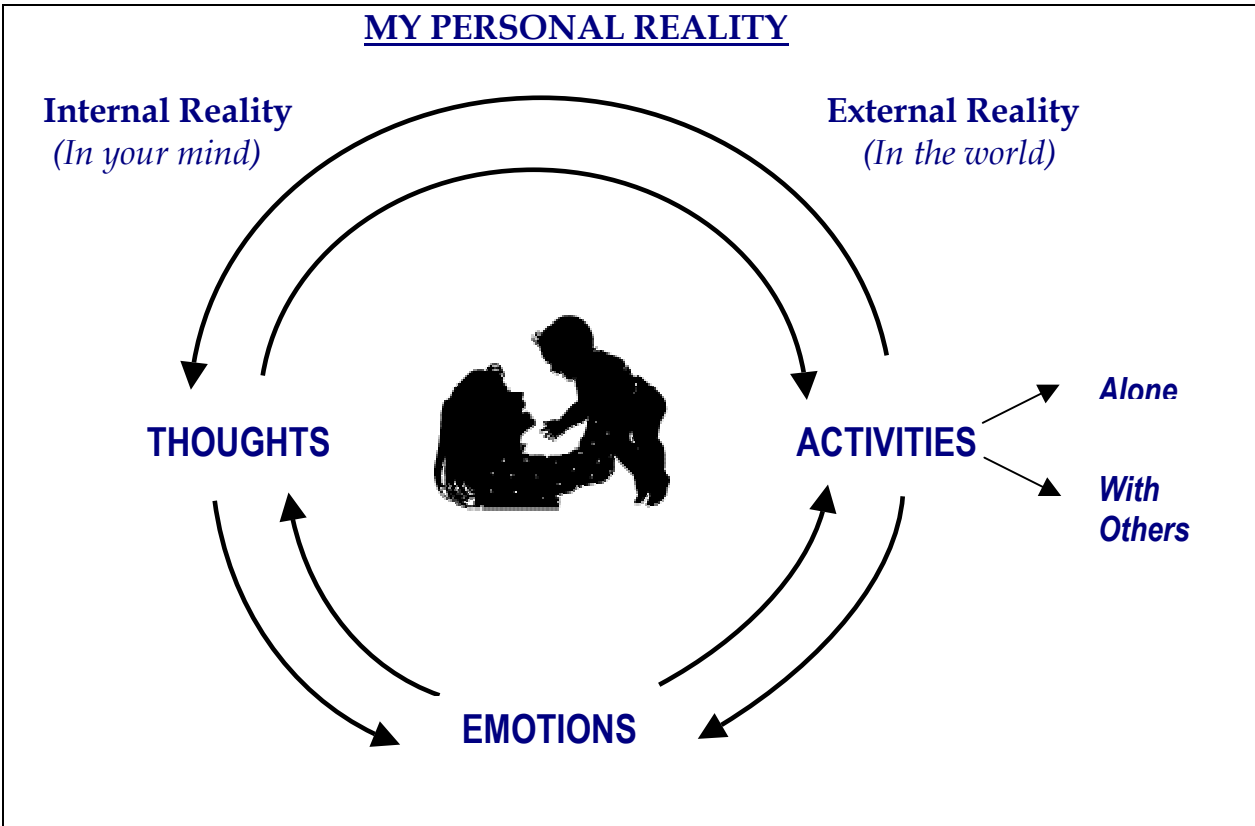
1. What are role models?

2. Who are your role models?

3. Who would you like your baby to have as role models?

4. How do you protect yourself and your baby from negative or unhelpful influences in your life (example: violent characters on TV)?

VI. Class Review: EXTERNAL AND INTERNAL PERSONAL REALITY



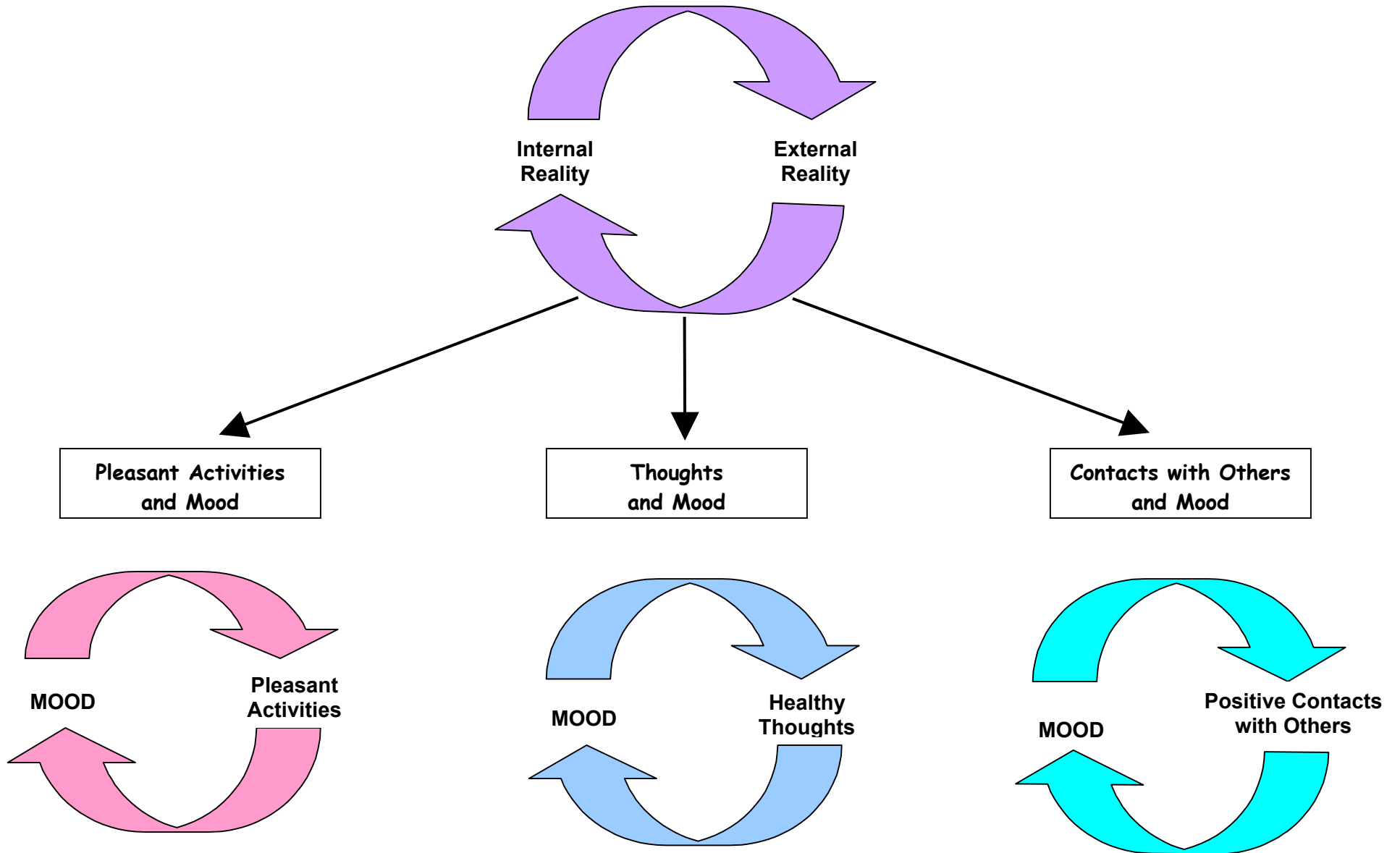
External Reality: The facts: parts of your reality that are observable and measurable.

Internal Reality: The world of your mind, which is yours: not observable by others. Only you have the “key” to your internal reality!

Remember: Your internal and external reality can affect your mood. These realities affect the activities that you do, your thoughts, and your contact with other people. All these things affect:

- You
- Your baby
- The relationship between you and your baby

CREATING A HEALTHY REALITY FOR ME AND MY BABY



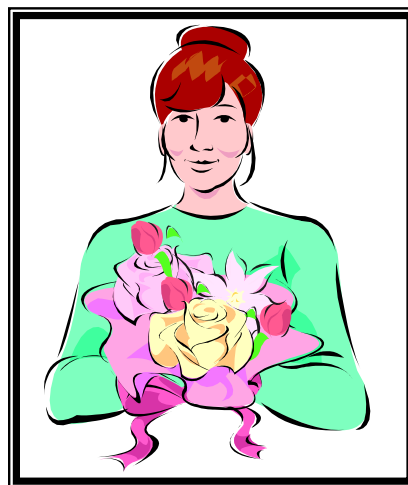
Booster Classes: PLANNING FOR THE FUTURE



What kinds of topics would you like to see in the booster classes?

- Booster Class # 1:** (Postpartum month 1)
Individual meeting with you and your baby
- Booster Class # 2:** (Postpartum month 3)
Class Discussion: Strengths and difficulties of mood management and parenting
- Booster Class # 3:** (Postpartum month 6)
Class Discussion: Importance of support for you and your baby
- Booster Class # 4:** (Postpartum month 12)
One-year reunion

Final Activity: WHAT OTHERS LIKE ABOUT YOU!



VII. GRADUATION CEREMONY AND CELEBRATION

