

**Class #3:
ACTIVITIES AND MY BABY'S MOOD**

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 session?

- Your mood and your personal reality: Your thoughts, activities, and mood all affect how you view the world. How does what we do affect how we feel?
- There are several different mood problems that some women have during pregnancy. If your mood is causing you problems, be sure to talk with your doctor about this.
- Doing pleasant activities can improve your mood. Have you thought any more about pleasant activities that you like to do?

III. PERSONAL PROJECT REVIEW

1. Did you complete your quick mood scale?
2. Did you try a new pleasant activity?
3. Did you talk to a mother of a new baby and find out two things that babies like to do?

IV. RELAXATION EXERCISE

V. New Material: ACTIVITIES AND MY BABY'S MOOD

HOW DO BABIES LEARN?

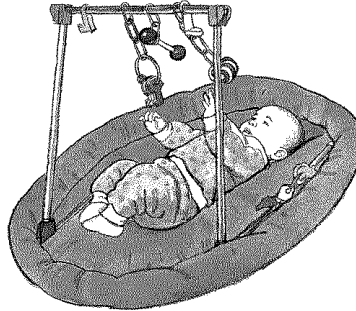


Babies learn by:

- observing and copying what their parents do
- communicating with their parents
- following what their parents teach them
- feeling supported when they try to do new things

Remember you cannot teach what you do not know.
So if you want to teach something to your child, you
have to learn how to do it first!

Activity: WHAT DO BABIES LIKE TO DO?



INSTRUCTIONS: Write down things that you think babies like to do. Think of some things babies can do alone and things babies can do with others.

Things babies like to do alone:

- | | |
|----------|-----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |

With mom:














1. _____
2. _____
3. _____
4. _____
5. _____

With other people or other babies:

1. _____
2. _____
3. _____
4. _____
5. _____



FROM BIRTH TO AGE 1: SOME THINGS BABIES LIKE TO DO

AGE	WHAT BABIES LIKE TO DO
 Newborn	Imitate – make faces, stick out your tongue and watch your baby imitate you Rock – going for a ride in a stroller can also be calming Listen to soft music, a musical toy, or your voice Be touched – gently massage your baby
 1 Month	Track objects Watch mobiles Practice exercising feet using bicycle movements
 2 Months	Play with hand puppets Gently bounce up and down Hold and play with a rattle
 3 Months	Shake a rattle that is on his/her wrist Listen to music with rhythm Play with toys that are attached with strings and practice batting
 4 Months	Play peek-a-boo Practice rolling from stomach to back Watching bubbles
 5 Months	Looking in a mirror Play with a roly-poly toy (a toy that turns up when knocked over) Swing in an infant swing
 6 Months	Play patty-cake Play with other babies Go on piggy back rides
 7 Months	Play tug of war Play “look for the toy after you hide it” Looking at books with lots of pictures and colors
 8 Months	Learn the sounds that animals make Play hiding games Bang on pots and pans
 9 Months	Roll a ball back and forth to you Practice standing up
 10 Months	Push a car or truck on the floor Tear magazines Blow bubbles
 11 Months	Push things with levers Pour things from one container to another (try cereal) Play in the water
 1 Year	Play with a big beach ball Toss bean bags or balls (or crumpled up paper) into a container Play with his or her shadow Explore the world around them

Information taken from Your Child at Play: Birth to One Year by Marilyn Segal, Ph.D., New Market Press, New York.

HOW DOES DOING PLEASANT ACTIVITIES HELP MY BABY?



- Babies who do pleasant activities are more likely to have healthy moods.
- Babies' brains continue to develop. By doing pleasant activities, babies actually learn more and make more connections among their brain cells. They actually get smarter.
- Active babies eat better, sleep better, their digestive system works better, and they grow stronger and healthier.
- Babies learn through play, and through play, they get to enjoy learning.
- When we do pleasant activities with our babies, we strengthen our relationship with them. Doing fun things together leads to enjoying each other more now and in the future.
- When our babies get used to doing pleasant activities with us, they are more likely to want to please us. They are more likely to listen to us, which means fewer discipline problems in the future.
- When mothers and babies do pleasant activities together, their relationship becomes stronger and more positive.

VI. Personal Project: QUICK MOOD SCALE

INSTRUCTIONS: Every night, before going to bed, circle the number that best represents how you feel each day. At the bottom of each column you will find a line where you can make a note of how many pleasant activities you remember doing each day. See if there is a relationship between how you feel each day and the number of pleasant activities you do each day.

	DATE:	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>
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 pleasant activities	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>

OPTIONAL PROJECTS (pick one of the following):

- 1) Pick two new pleasant activities and do them this week.
- 2) Look for places where you'd like to take your baby. Check them out now.

