

**Class #7:
FIGHTING HARMFUL THOUGHTS THAT
AFFECT ME AND MY BABY**

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?

- You can learn to decrease the number of harmful thoughts by talking back to them in your mind.
- Do you remember any of the harmful thought patterns and their antidotes?

III. PERSONAL PROJECT REVIEW

1. Did you complete your quick mood scale?
2. Did you use the cards to keep track of your helpful and harmful thoughts?
3. Did you review the antidotes and try out two of these methods to dispute your harmful thoughts?

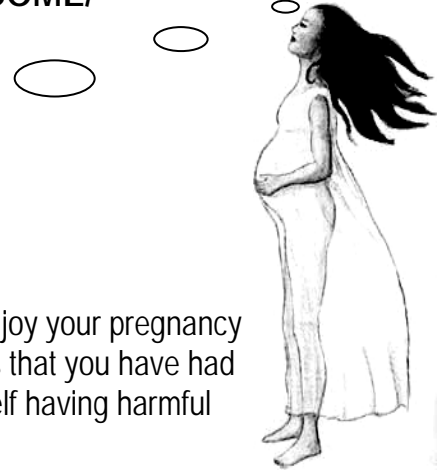
IV. RELAXATION EXERCISE

V: New Material: PASSING ON PATTERNS OF THINKING



- Our thoughts affect the way we perceive life and how we will be as mothers.
- As you become a mother, you can decide what kind of mother you will be. For example, you can decide:
 - how to think about you, your baby and your relationship
 - how you wish to treat your baby and what to teach him or her
 - what you want to feel for your baby and those emotions you like to teach him or her
- Remember that learning to think is like learning to talk. Babies learn to think and talk by observing how their mothers think and talk.
- If the baby is raised listening to words of affection, the baby will learn to be affectionate.
- Your baby will learn from you. Remember, you are his/her first teacher!
- You can teach your baby to think in such a way that he/she would feel good about himself or herself.
- As a mother, you could be an example to your baby. You could help him/her "shape" his/her thoughts so that he or she develops a healthy internal world.

**ACTIVITY:
PARENTING—HELPFUL AND BURDENSOME/
HARMFUL THOUGHTS**



DIRECTIONS: There are different ways to think that can help you enjoy your pregnancy and your baby more. Write down some harmful and helpful thoughts that you have had about becoming a mother in the boxes below. When you find yourself having harmful thoughts, remind yourself of some of your helpful thoughts.

Helpful Thoughts About Being a Parent

Harmful/Burdensome Thoughts about Being a Parent	Antidote

Helpful thoughts during pregnancy:



This is a very special time in my life.
I am getting ready to be a good mother.
I am so happy I am bringing a new life into this world.
I want to take good care of myself so I can have a healthy baby.
Giving birth is such a normal process; I don't need to be so nervous.

Helpful thoughts prepare us to become mothers:



I am so eager to hold my baby in my arms.
From birth, my baby will know he/she is loved.
I am so excited about all the things I am going to teach my baby.
I will teach my baby to be proud of herself, her family and her culture.
I am going to teach my baby to be polite, respectful, and above all to enjoy life!

COPING WITH DIFFICULT SITUATIONS WITH MY BABY

What are some difficult situations you might face?

- Baby is crying and you don't know what to do
- Baby won't sleep at night
- Baby doesn't want you to leave the house
- Baby has a temper tantrum when you say no



What can you do?

Step 1: Try to understand the meaning behind the behavior

Babies do not have the words to tell us what they need, so they tell us through cries and through behavior. Babies do not try to be annoying. They become difficult when they are tired, needing attention, hungry, wet, in pain, or worried.

Step 2: Label the possible problem and feeling

You can help by just saying something like "oh baby you are crying. Are you trying to tell me how tired you are?" Giving words to feelings helps the baby learn words for the way she is feeling and might help you in feeling like you understand your child.

Step 3: Figure out what to do based on what you think the problem is.

So, if you think your baby is crying because she is tired, you might say "oh baby it's time for sleep. Mama will rock you and help you sleep."

Step 4: If it doesn't work. Maybe we didn't get it right. Maybe there is something else the baby is trying to say.

Step 5: Get help and support

We can't fix all things. Sometimes we just need support, so we can hold a crying baby or have them hold her while we sleep.

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 pleasant activities, healthy thoughts and harmful thoughts, using the lines at the bottom of the scale. See if there is a relationship between how you feel each day and these three things.

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 healthy thoughts _____

Number of harmful thoughts _____

Number of pleasant activities _____

OPTIONAL PROJECTS (pick one of the following):

- 1) Begin to reflect on how you would like to think. We will discuss this next week.
- 2) Talk to someone about what you learned today about thoughts.

NOTES:

