

**Class #8:  
THOUGHTS I WANT TO LEARN TO TEACH 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?

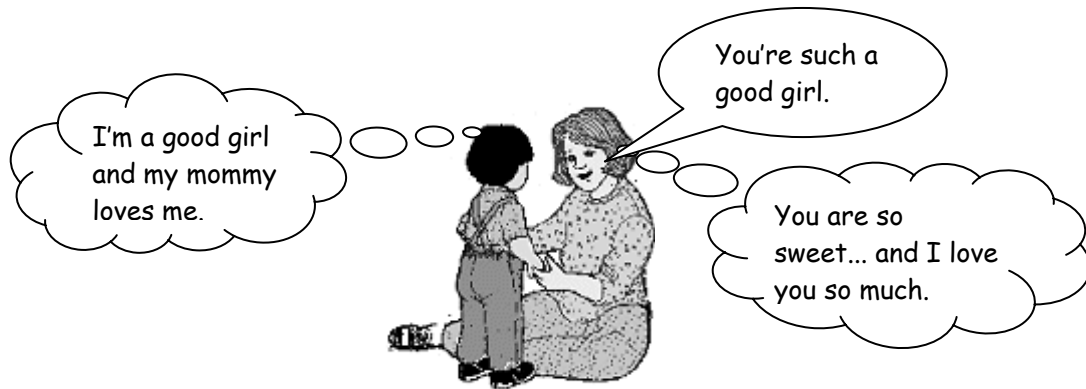
- Your thoughts can affect your mood. There are tools that you can learn to decrease your harmful thoughts and increase helpful thoughts.
- As a parent, you can help shape your child's thoughts to help him/her develop a healthy internal reality.

## **III. PERSONAL PROJECT REVIEW**

1. Did you complete your quick mood scale?
2. Did you begin to reflect on how you would like to think?
3. Did you talk to someone about what you learned about thoughts?

## **IV. RELAXATION EXERCISE**

## V. New Material: WHAT KIND OF THOUGHTS I WANT TO LEARN TO TEACH MY BABY



**Our mind is our internal reality, our inner world, and our personal environment.**

- The way we think is shaped by many influences since childhood.
- What we see, what we hear, the ways we are treated shape our internal reality.
- What we learn can be useful or it can be harmful. Some cause us great burdens or even pain and sorrow.
- Now that we are adults, we can decide (no one can force us) if we want to continue thinking in the manner we were taught as children.

**Now that you are about to have a baby, you can decide how you would like to teach your baby to think.**

- You can choose:
  - from the things your parents and family members taught you and choose the helpful ones
  - from your culture (in your country of origin, if you were not born here)
  - from the society you live in now

**While there is no way of guaranteeing that your child will think in one way or another, there are ways of increasing the possibility that your baby will think in a certain way.**

- Unfortunately, parents sometimes teach their children to think, to talk, and to behave in unhealthy ways without being aware that they are doing this.
- In this course, you can reflect on how you think and talk, so, even before your baby is born, you can decide what you want to teach him or her.

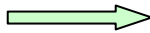
## VI. Activity: THINKING ABOUT YOUR FUTURE

**INSTRUCTIONS:** Think about what kind of life you would like to have in the future, for example 5 years from now, and what kinds of things you want for yourself and don't want for yourself. Then think about the steps you need to take now in order to have the life you really want.

**Example:**

*"I would like to have a great computer job"*

*"I will sign up for a computer class now"*



### My Ideal Future (5 years from now)

**What I want:**

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**What I need to do now:**

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**What I don't want:**

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**What I need to avoid doing now:**

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## VII. Activity: THINKING ABOUT YOUR BABY'S FUTURE

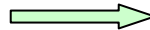
**INSTRUCTIONS:** Think about what kind of life you would like your baby to have. Then think about the steps you need to take now in order to help your child have an ideal future.

**Example:**

*"I want my child to enjoy reading".*



*"I will read to my child now"*



My Ideal Future (5 years from now)	
<b>What I want for my baby:</b> <hr/> <hr/> <hr/> <hr/>	<b>What I need to do now:</b> <hr/> <hr/> <hr/> <hr/>
<b>What I don't want for my baby:</b> <hr/> <hr/> <hr/> <hr/>	<b>What I need to avoid doing now:</b> <hr/> <hr/> <hr/> <hr/>

## VIII. 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.

<b>DATE:</b>	_____	_____	_____	_____	_____	_____	_____
<b>BEST MOOD</b>	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
<b>OK/AVERAGE</b>	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
<b>WORST MOOD</b>	1	1	1	1	1	1	1
<b>Number of healthy thoughts</b>	_____	_____	_____	_____	_____	_____	_____
<b>Number of harmful thoughts</b>	_____	_____	_____	_____	_____	_____	_____
<b>Number of pleasant activities</b>	_____	_____	_____	_____	_____	_____	_____

**OPTIONAL PROJECTS** (pick one of the following):

- 1) Make a list of ways you would like to teach your baby to think.
- 2) Try to notice when you are having a harmful thought and use any of the methods we have discussed to change that thought into a more helpful thought.

