

THINKING HEALTHY

COGNITIVE BEHAVIORAL TRAINING FOR HEALTHY MOTHERS AND INFANTS



Activity Workbook 2
Sessions 5 to 7
THE BABY'S ARRIVAL

SESSION FIVE THE BABY'S ARRIVAL: THINKING HEALTHY ABOUT YOUR PERSONAL HEALTH

In this session your trainer will

- Check your and newborn baby's health
- Listen to your problems
- Review useful stuff from previous sessions
- Help you think healthy about your personal health in the first month after birth

THINKING HEALTHY ABOUT YOUR PERSONAL HEALTH



Learn to Identify unhealthy thoughts about your personal health

STEP 1



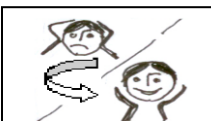
I have too much to do already I can't be bothered about my health



Not caring about your health, eg getting rest or taking a balanced diet.



Difficulty in caring for baby due to tiredness and weakness.



Learn to replace unhealthy thinking with healthy thinking

STEP 2



If I spend a small amount of time for My Health everyday, I will remain Healthy and strong and do my everyday chores



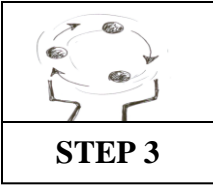
Organizing oneself in a way that some time can be spared for healthy or relaxing activities.



Better health and easier coping with caring for baby and other life demands.

Replacing unhealthy thinking with healthy thinking

| | | |
|--|--|--|
| I am too tired to think clearly or do anything productive | Giving up and not trying | Stresses build up leading to even more problems |
| Doing just a little everyday (as much as I can) is better than just sitting and worrying | Trying to do a small task successfully and building this up | Cycle of inactivity broken |
| Other people or the government are responsible for my health | Relying on others instead of making an effort oneself | Greater chances of poor health |
| If I don't care about care about my health, why should others or the government bother | Active efforts to achieve what one can for one's health | Better health for mother and baby |
| If I have a problem with my health only a doctor can find it out | Not paying attention to one's symptoms or signs of poor health | Greater risk of serious health problems developing |
| Looking out for early signs of poor health getting help early is my responsibility and will help the doctors help me | Looking out for early problem signs and actively seeking help | Decreased risk of post-delivery health problems |



Practice healthy thinking and acting

STEP 3

Activities for this session:

A: Your trainer will show you how to monitor your thinking using the healthy thinking chart.

| | |
|--|---|
| | <p>Healthy thoughts</p> <p>Unhealthy thoughts</p> |
|--|---|

B: Trainer will educate you about baby blues









C: Monitor your diet

Looking after your nutrition:

Make a diet chart with the help of your health worker. An example of a diet chart is given below. Balanced diet does not mean expensive diet. Try to follow the diet chart below.

Place a tick before each box if you followed it for that day:



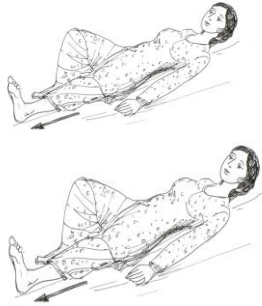
| Time | Choice of food items | Daily Monitoring | | | | | | |
|--|--|------------------|---|---|---|---|---|---|
| | | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Breakfast  | <ul style="list-style-type: none"> • A glass of milk or lassi or dahi or one egg • One paratha or 4 slices or 1 roti with butter | | | | | | | |
| Before lunch  | <ul style="list-style-type: none"> • Any fruit or fruit juice/lassi/gannay ka rus • handful of channas or gurr | | | | | | | |
| Lunch  | <ul style="list-style-type: none"> • Two rotis or serving of rice • one bowl of daal or piece of meat • a piece of raw vegetable or fruit • glass of lassi | | | | | | | |
| Tea time  | <ul style="list-style-type: none"> • One cup of tea or milk • Biscuit or piece of roti | | | | | | | |
| Dinner  | <ul style="list-style-type: none"> • Two rotis or rice, daal • meat curry • salad, | | | | | | | |
| Bedtime  | <ul style="list-style-type: none"> • One glass of milk | | | | | | | |

D: Do these special exercises everyday:

Remember! A small amount of time spent on your personal health everyday means a healthier you and a healthier baby.

Exercises after delivery

Start after one week of normal delivery/ after one week of removal of stitches, in case of Caesarean Section.

| Exercise | | Daily Monitoring | | | | | | |
|---|---|------------------|---|---|---|---|---|---|
| | | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| <p>Exercise-1</p>  | <ol style="list-style-type: none"> 1. Lie on your back with knees bent 2. Breath in slowly and deeply 3. Lie the legs straights 4. Bend and stretch your toes 5. Roll the feet in circles in both directions 6. Again bent the knees and pull your abdomen so that your back is pressed against bed, hold this position while you count six, then relax 7. Exhale before starting each time and repeat five times. | | | | | | | |
| <p>Exercise-2</p>  | <ol style="list-style-type: none"> 1. This can be done sitting or lying 2. Exhale; pull up the muscles through which your baby was born. 3. Its just like as you contract muscles when you try to stop the flow of urine. 4. Hold the contraction while you count six, and then relax. 5. Exhale before starting, repeat five times, | | | | | | | |
| <p>Exercise-3</p>  | <ol style="list-style-type: none"> 1. Lie with your right knee bent and right foot on bed, left leg straight 2. Slide the heel of your left leg down the bed, as far as possible, and then slide the whole leg up the bed. 3. Only your waist muscles must work, repeat with the other leg, and do four times with each leg. | | | | | | | |

SESSION SIX

THE BABY'S ARRIVAL: THINKING HEALTHY ABOUT YOUR RELATIONSHIP WITH BABY

In this session your trainer will

- Check your and newborn baby's health
- Listen to your problems
- Review useful stuff from previous sessions
- Help you think healthy about your relationship with baby

THINKING HEALTHY ABOUT YOUR RELATIONSHIP WITH YOUR BABY



Learn to Identify unhealthy thoughts about your relationship with your baby



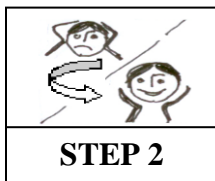
The baby is too young to have feelings for me. All it needs is feeding



Not enough effort to bond with baby



This affects both your and baby's health



Learn to replace unhealthy thinking with healthy thinking



My baby responds to my feelings when I interact with it. This is pleasurable for me.



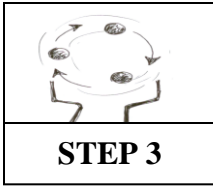
Tuning in to baby's reactions to your feelings and vice versa



This positively affects both your and baby's health

Replacing unhealthy thinking with healthy thinking

| | | |
|--|--|--|
| My baby's health is going to suffer because the evil eye of envious people | Putting more efforts into countering the evil eye than looking after baby | Full attention to baby's needs may be diverted |
| My baby's health will be good if I give it the best possible care. | I will give my full attention to the baby. This is the best way to counter the evil eye. | Full focus on baby's needs |
| Other people or the government are responsible for my health | Relying on others instead of making an effort oneself | Greater chances of poor health |
| If I don't care about care about my health, why should others or the government bother | Active efforts to achieve what one can for one's health | Better health for mother and baby |
| My baby will get ill if its in our 'kismet' | No point get baby immunized. You can't fight fate | Greater risk of potentially fatal illness baby |
| Its my baby's good fate that he can be protected from illnesses | I will get it immunized | Protection against a potentially fatal illness |



STEP 3

Practice healthy thinking and acting

A: Your trainer will show you how to monitor your thinking using the healthy thinking chart.




Discuss any unhealthy thoughts that stopped you from doing healthy activities

| | |
|--|---|
| | <p>Healthy thoughts</p> <p>Unhealthy thoughts</p> |
|--|---|

B: Trainer will educate you about breast-feeding



C: Activities that will strengthen your relationship with your baby and make it strong

| Type of activity | Suggested Frequency | Daily Monitoring | | | | | | |
|---|---|------------------|---|---|---|---|---|---|
| | | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|  | At least once a day | | | | | | | |
|  | 3 or 4 times every day, e.g., after feeding | | | | | | | |
|  | 3 or 4 times every day, eg, after feeding | | | | | | | |

SESSION SEVEN
THE BABY'S ARRIVAL: THINKING HEALTHY ABOUT YOUR RELATIONSHIP WITH PEOPLE AROUND YOU

- In this session your trainer will**
- Check your and newborn baby's health
 - Listen to your problems
 - Review useful stuff from previous sessions
 - Help you think healthy about your relationship with people around you

THINKING HEALTHY ABOUT YOUR RELATIONSHIP WITH PEOPLE AROUND YOU



Learn to Identify unhealthy thoughts about your relationship with people around you



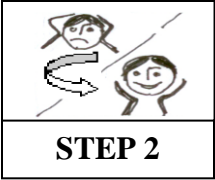
My newborn baby might come to harm if I mix with other people



Mother and baby socially isolated



This affects both your and baby's health



Learn to replace unhealthy thinking with healthy thinking



Human beings are healthy and happy if they are with other supportive people.



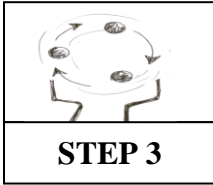
Support in child care of others can greatly reduce your burden



Better health and easier coping with caring for baby and other life demands

Replacing unhealthy thinking with healthy thinking

| | | |
|--|--|--|
| I don't feel like meeting other people. | Not making an effort to meet or talk to people. | Gradually distancing from people and losing their support |
| I might feel good if I talk to one or two family members trusted friends | Actively trying to meet one or two people you get on with. | Not being isolated. |
| I feel anxious discussing my problems with others. | Not sharing problems with others. | Increased stress which is bad for both you and baby. |
| I can share my worries with some people whom I trust. | Making an effort to share problems with people. | Stress from life problems reduced by sharing. |
| A person comes to this world alone and has to face problems on her own. | Not sharing problems with others. | Increased stress, which is bad for both you and baby. |
| Sometimes, it is easier to cope with the help of others. | Making an effort to get people around you help with your problems. | Better coping of problems. |
| Only I should look after the baby –it is not the fathers job | Discouraging father even if he wants to | Baby loses father's involvement which can greatly help its development |
| Father's involvement is good for the baby's psychological development | Encourage father to attend to baby | Father's involvement helps baby's development |



STEP 3

Practice healthy thinking and acting

A: Your Trainer will show you how to monitor your thinking using the healthy thinking chart.




Discuss any unhealthy thoughts that stopped you from doing healthy activities

| | |
|--|--|
| | <p>Healthy thoughts</p> <p>Unhealthy thoughts</p> |
|--|--|

B: Trainer will educate you about breast-feeding



C: Activities that will help improve your relationship with people:

| Type of activity | Suggested Frequency | Daily Monitoring | | | | | | |
|---|---------------------|------------------|---|---|---|---|---|---|
| | | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|  | At least once a day | | | | | | | |
|  | When needed | | | | | | | |
|  | Once a day or more | | | | | | | |