

THINKING HEALTHY

COGNITIVE BEHAVIORAL TRAINING FOR HEALTHY MOTHERS AND INFANTS



**Activity Workbook 3
Sessions 8 to 10
EARLY INFANCY**

SESSION EIGHT
EARLY INFANCY: 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 during your baby's early infancy

THINKING HEALTHY ABOUT YOUR PERSONAL HEALTH



Learn to Identify unhealthy thoughts about your personal health



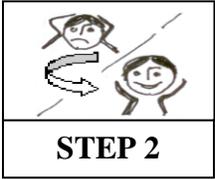
I am too tired to care about my health



I am a weak person



You actually become ill as a result of not looking after your health



Learn to replace unhealthy thinking with healthy thinking



If I spend a small amount of time for my health everyday, I will remain healthy and strong and do my everyday chores more effectively



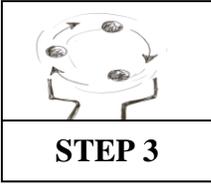
Organizing oneself in a way that some time can be spared for healthy or relaxing activities



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

Replacing unhealthy thinking with healthy thinking

I am too tired to look after my health	No effort made	Poor health and weakness
If I look after my health, I will feel less tired	Efforts to improve health, eg nutrition	Better health
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
I won't be able to sleep well.	Tossing and turning in bed and having worrying thoughts	Stress and tension
Even if I don't sleep, I can relax	Doing relaxing activities on your own or with the baby	Even if sleeping less, tension and stress is reduced
I am very worried about things and I can't relax at bedtime	Unable to relax or sleep	Tension and stress can lead to health problems
My worries can wait until tomorrow. I can't do anything about them now.	Trying to relax	Reduced stress and tension



STEP 3

Practice healthy thinking and acting

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>
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Discuss any unhealthy thoughts that stopped you from doing healthy activities



B: Nutrition: Continue with your diet chart. Discuss difficulties in following it with your trainer.

C: How to improve your sleep
Remember! A small amount of time spent on your personal health everyday means a healthier you and a healthier baby.

Look at these seven rules of sleeping well and put a tick against those you follow:

Seven rules for sleeping well	Tick if answer is 'yes'
I don't go to bed until I am drowsy	
I get up at about the same time every morning (baby allowing)	
I don't take long naps during the day	
I don't drink tea, coffee or cola drinks later than 6 hours before bedtime.	
My sleep environment is comfortable, eg mattress, pillow, temperature, light, noise.	
I do my exercises and spend some time relaxing everyday.	
I drink a cup of warm milk before bed.	

Fill this chart in every morning:

	Daily Monitoring						
	1	2	3	4	5	6	7
My thoughts disturbed my sleep last night							
I tried to replace unhealthy thoughts with healthy ones							
I tried to follow the seven rules of sleeping well.							



SESSION NINE
EARLY INFANCY: 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



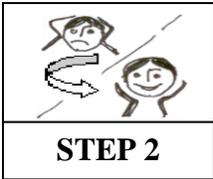
The baby is all work and no fun



I don't have anytime for fun.



This makes me feel bitter



Learn to replace unhealthy thinking with healthy thinking.



I can try to enjoy my baby's company



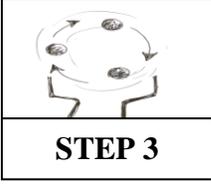
It can be fun, and good for the baby, too!



Happier mother, healthier baby

Replacing unhealthy thinking with healthy thinking

If the baby becomes ill it will be my fault because I am cursed.	Not paying full attention to prevention or getting appropriate help if baby ill.	Greater risk of baby becoming ill – the unhealthy thought becomes a self-fulfilling prophecy
I can try my best to protect the baby against illness.	Learning how to prevent and deal with baby's illnesses as early as possible ADVICE	Healthy baby and less tension for mother
The baby should be bundled up all day so that it doesn't come to any harm. Its easier that way.	Baby bundled up in a cloth or warm blanket most times.	Less opportunity for baby to experience different sensations and develop more quickly.
The baby needs opportunities to stretch its arms and legs and discover what her body can do.	After making its environment safe and comfortable, the baby is allowed to explore itself and the space around it.	Experiences different sensations and becomes intelligent.
As the baby can't understand language, I shouldn't talk to it until it does	Less verbal communication with the baby.	Both mother and baby miss a pleasurable and healthy activity.
The baby loves it when I talk to her about what's happening.	Talking to baby about things going on around it.	Enjoyable experience for both mother and baby, baby enjoys trying to imitate mother's sounds and smiles. This helps baby learn more words when it starts talking.
We are too poor to afford fancy toys for our baby therefore it can't play.	Baby does not use toys to play with.	Both mother and baby miss a pleasurable and healthy activity.
The baby doesn't need fancy toys to play with. It loves interesting things like plastic bottles or colorful objects.	Baby given interesting things to touch and play with.	Both mother and baby can use these objects



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>
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Discuss any unhealthy thoughts that stopped you from doing healthy activities



B: 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
	Whenever you attend to it.							
	3 or 4 times every day, e.g., after feeding							
	At least once a day							

C: Monitoring baby's growth: Your trainer will weigh your baby and plot its growth on the chart provided in your MCH Kit.

**SESSION TEN:
EARLY INFANCY: 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



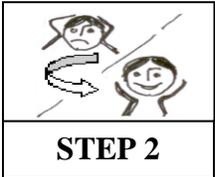
I don't have the confidence to talk about my health problems with my family or the doctor



I am better off not discussing the problems with anyone



A small illness may become a very big one



Learn to replace unhealthy thinking with healthy thinking



If i am worried about my health I must talk to somebody otherwise it may become serious and become a problem for everyone



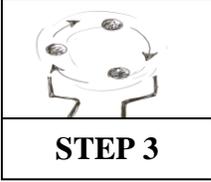
I must discuss my health problem with people. I may get good advice



Illness treated in time and mother remains healthy

Replacing unhealthy thinking with healthy thinking

People don't understand my problems	Its no use discussing problems with them	Not sharing your problems
Maybe I don't make enough effort to feel understood	I should try harder to explain things that bother me	While not every one will understand, some will, and will support you.
I don't want to create conflict	Keeping feelings to oneself	Increased stress and tension that is bad for both baby and you.
I will discuss my problems with someone I trust and seek their advice.	Talking about problems with someone trusted.	Even if the problems are not resolved, talking will reduce stress and tension.
I have to be responsible for everything.	Taking extra burden on yourself.	Increased stress and tension that is bad for both baby and you.
The world will not fall apart if I talk about my problems for a while instead of solving others'.	Talking about problems with someone trusted.	Reduced stress and tension.



STEP 3

Practice healthy thinking and acting

Activity 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>
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Discuss any unhealthy thoughts that stopped you from doing healthy activities



B: 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							
								
	Once a day or more							

C: Health worker and mother do a role-play exercise in which the mother plays an unwell person who visits the doctor, played by the health worker. Health workers teaches mother to be confident in explaining her symptoms and asking questions about the treatment. Repeat until mother feels well rehearsed.

D: Repeat the role play exercise with your Key Family Supporter at least once every week.

	Daily Monitoring			
	1	2	3	4
Repeat the above role-play with a family member or even your child, at least once a week. You can take turns at being doctor and patient				