THINKING HEALTHY

COGNITIVE BEHAVIORAL TRAINING
FOR
HEALTHY MOTHERS AND INFANTS

Activity Workbook 4
Sessions 11 to 13
MIDDLE INFANCY
SESSION ELEVEN
MIDDLE 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 middle infancy

THINKING HEALTHY ABOUT YOUR PERSONAL HEALTH

Learn to Identify unhealthy thoughts about your personal health

I FEEL UNWELL BECAUSE OF A ‘TAWIZ’ FROM AN EVIL PERSON

I WILL FEEL BETTER ONLY IF I BREAK THIS SPELL

ADDED STRESS AND TENSION AND WASTE OF RESOURCES

Learn to replace unhealthy thinking with healthy thinking

I CAN DO A NUMBER OF THINGS TO IMPROVE MY HEALTH

TAKING POSITIVE ACTION ALONGWITH DUA

MODERN AND TRADITIONAL CARE CAN BOTH BE PURSUED FOR BEST RESULT
**Replacing unhealthy thinking with healthy thinking**

<table>
<thead>
<tr>
<th>Being ill is in my fate</th>
<th>I will not see the doctor, it’s a waste of time</th>
<th>Greater risk of illness becoming serious</th>
</tr>
</thead>
<tbody>
<tr>
<td>Looking after my health, to a large extent, is in my control</td>
<td>Making an effort to do positive things for one’s health, e.g., diet, exercise, appropriate health care</td>
<td>Protection against a potentially fatal illness</td>
</tr>
<tr>
<td>What does an illiterate person like me know about health matters</td>
<td>No effort made to learn about health matters</td>
<td>Greater risk of poor health</td>
</tr>
<tr>
<td>It is not necessary to be educated to learn about health matters</td>
<td>Active effort to learn about and follow health principles, e.g. hygiene ADVISE</td>
<td>Better health for mother and baby</td>
</tr>
<tr>
<td>Poor folk like us are born to be unhealthy</td>
<td>No attempt made to make maximum use of whatever resources are available</td>
<td>Greater risk of poor health</td>
</tr>
<tr>
<td>Even a poor person can make an effort to stay healthy</td>
<td>Making an effort to make the best use of available resources</td>
<td>Better health for mother and baby</td>
</tr>
<tr>
<td>My health doesn’t matter. Its my family’s health that’s important</td>
<td>Paying all the attention to the family’s health</td>
<td>Becoming ill, with the result that family has to look after you.</td>
</tr>
<tr>
<td>If my health is good, I will be better able to look after my family.</td>
<td>Spending a small amount of time looking after one’s own health</td>
<td>Remaining healthy and being able to provide better care to the family.</td>
</tr>
</tbody>
</table>
Activity for this session:
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

B: Discuss commonly held superstitions or beliefs about your baby’s health with your trainer
SESSION TWELVE
MIDDLE 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

STEP 1

MY BABY IS ALWAYS ILL WITH DIARRHOEA BECAUSE I AM A WORTHLESS MOTHER

WHATEVER I DO WILL FAIL BECAUSE I AM USELESS

MOTHER AND CHILD CAUGHT UP IN A ILLNESS-HELPLESSNESS CYCLE

Learn to replace unhealthy thinking with healthy thinking

STEP 2

BABIES COMMONLY GET DIARRHOEA BUT I CAN TAKE SOME STEPS TO PROTECT MY BABY FROM IT.

TAKING THESE STEPS WILL REDUCE THE CHANCES OF MY BABY DEVELOPING DIARRHOEA

CYCLE OF ILLNESS-HELPLESSNESS BROKEN
# Replacing unhealthy thinking with healthy thinking

<table>
<thead>
<tr>
<th>We can’t afford fancy toys for our baby.</th>
<th>Baby does not have toys to play with.</th>
<th>Both mother and baby miss a pleasurable and healthy activity.</th>
</tr>
</thead>
<tbody>
<tr>
<td>The baby doesn’t need fancy toys to play with. It loves interesting things like plastic bottles or colorful objects.</td>
<td>Baby given interesting things to touch and play with.</td>
<td>Baby engages in a pleasurable activity which greatly aids the development of intelligence.</td>
</tr>
<tr>
<td>Girl babies need less attention and care than boys</td>
<td>Less attention to girls compared to boys</td>
<td>Girls are less healthy than boys</td>
</tr>
<tr>
<td>Girls need as much attention as boys to become bright and intelligent women</td>
<td>Equal attention to boys and girls</td>
<td>Both boys and girls healthy</td>
</tr>
<tr>
<td>Breast milk is sufficient for my 6 month old baby</td>
<td>Baby only fed with breast milk</td>
<td>Baby may not be fully satisfied and also develop some dietary deficiencies</td>
</tr>
<tr>
<td>Babies need some solid foods in addition to breast milk.</td>
<td>Baby introduced to solid foods. <strong>ADVICE</strong></td>
<td>Baby is satisfied and grows well.</td>
</tr>
<tr>
<td>My baby will get ill if its in our ‘kismet’</td>
<td>No point get baby immunized. You can’t fight fate</td>
<td>Greater risk of potentially fatal illness baby</td>
</tr>
<tr>
<td>Its my baby’s good fate that he can be protected from illnesses</td>
<td>I will get it immunized <strong>ADVICE</strong></td>
<td>Protection against a potentially fatal illness</td>
</tr>
</tbody>
</table>
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.

Discuss any unhealthy thoughts that stopped you from doing healthy activities
B: trainer will educate you about breastfeeding and weaning.

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

<table>
<thead>
<tr>
<th>Type of activity</th>
<th>Suggested Frequency</th>
<th>Daily Monitoring</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Whenever you attend to it.</td>
<td>1 2 3 4 5 6 7</td>
</tr>
<tr>
<td></td>
<td>3 or 4 times every day, e.g., after feeding</td>
<td>1 2 3 4 5 6 7</td>
</tr>
<tr>
<td></td>
<td>At least once a day</td>
<td>1 2 3 4 5 6 7</td>
</tr>
</tbody>
</table>
SESSION THIRTEEN:
MIDDLE 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

STEP1

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

IF I GO OUT OF THE HOUSE
PEOPLE WILL THINK I AM
AN IMMORAL PERSON

I WILL NOT LEAVE THE
HOUSE NO MATTER WHAT

RELIANCE ON OTHERS, EG
HUSBAND WHO MAY NOT
ALWAYS BE AVAILABLE,
FOR HEALTH CARE

STEP 2

Learn to replace unhealthy thinking with healthy thinking

GOING OUT OF THE HOUSE
ON MY OWN DOES NOT
MAKE ME AN IMMORAL
PERSON.

THERE ARE TIMES WHEN I HAVE
TO LEAVE THE HOUSE, EG TO
GET BABY IMMUNIZED, AND MY
FAMILY UNDERSTANDS THIS

NOT HAVING TO RELY ON
OTHERS ALL THE TIME TO
SEEK HEALTH CARE
### Replacing unhealthy thinking with healthy thinking

<table>
<thead>
<tr>
<th>In this day and age you can’t trust anyone</th>
<th>I will not have any contact with anyone outside the home.</th>
<th>Reluctance to meet even health workers such as the vaccinator.</th>
</tr>
</thead>
<tbody>
<tr>
<td>I should not make up my mind about people until I have had an opportunity to judge them.</td>
<td>I will meet people but will be cautious about trusting them blindly.</td>
<td>Talking to the vaccinator about what he does and making up your mind afterwards.</td>
</tr>
<tr>
<td>I don’t feel like meeting other people.</td>
<td>Not making an effort to meet or talk to people.</td>
<td>Gradually distancing from people and losing their support</td>
</tr>
<tr>
<td>I might feel good if I talk to one or two family members trusted friends</td>
<td>Actively trying to meet one or two people you get on with.</td>
<td>Not being isolated.</td>
</tr>
<tr>
<td>People will always disappoint you.</td>
<td>Avoiding people.</td>
<td>Losing support.</td>
</tr>
<tr>
<td>There is some good in almost everybody.</td>
<td>I should talk to people I like without having too much expectations.</td>
<td>Maintain social support.</td>
</tr>
</tbody>
</table>
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.

<table>
<thead>
<tr>
<th>Healthy thoughts</th>
<th>Unhealthy thoughts</th>
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</table>

Discuss any unhealthy thoughts that stopped you from doing healthy activities
B: Trainer to ask mother if she knows how to get to her PHC. If she does not know, trainer will give her a route map and rehearse the procedure of getting there. If mother is extremely anxious, trainer will accompany her to the PHC once.

C: Make an effort to meet people:

<table>
<thead>
<tr>
<th>Daily Monitoring</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
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