

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



STEP 1

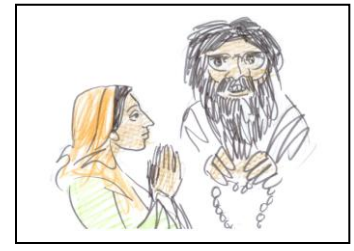
Learn to Identify unhealthy thoughts about your personal health



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



STEP 2

Learn to replace unhealthy thinking with healthy thinking



I CAN DO A NUMBER OF
THINGS TO IMPROVE MY
HEALTH



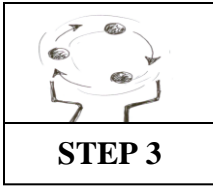
TAKING POSITIVE ACTION
ALONGWITH DUA



MODERN AND TRADITIONAL
CARE CAN BOTH BE
PURSUED FOR BEST RESULT

Replacing unhealthy thinking with healthy thinking

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



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: 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



STEP 1

Learn to Identify unhealthy thoughts about your relationship with your baby



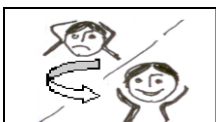
MY BABY IS ALWAYS ILL WITH DIARRHOEA BECAUSE I AM A WORTHLESS MOTHER



WHATEVER I DO WILL FAIL BECAUSE I AM USELESS



MOTHER AND CHILD CAUGHT UP IN A ILLNESS-HELPLESSNESS CYCLE



STEP 2

Learn to replace unhealthy thinking with healthy thinking



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



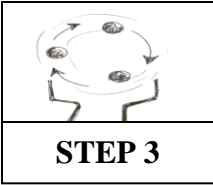
TAKING THESE STEPS WILL REDUCE THE CHANCES OF MY BABY DEVELOPING DIARRHOEA



CYCLE OF ILLNESS-HELPLESSNESS BROKEN

Replacing unhealthy thinking with healthy thinking

We can't afford fancy toys for our baby.	Baby does not have 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.	Baby engages in a pleasurable activity which greatly aids the development of intelligence.
Girl babies need less attention and care than boys	Less attention to girls compared to boys	Girls are less healthy than boys
Girls need as much attention as boys to become bright and intelligent women	Equal attention to boys and girls	Both boys and girls healthy
Breast milk is sufficient for my 6 month old baby	Baby only fed with breast milk	Baby may not be fully satisfied and also develop some dietary deficiencies
Babies need some solid foods in addition to breast milk.	Baby introduced to solid foods. ADVICE	Baby is satisfied and grows well.
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 ADVICE	Protection against a potentially fatal illness

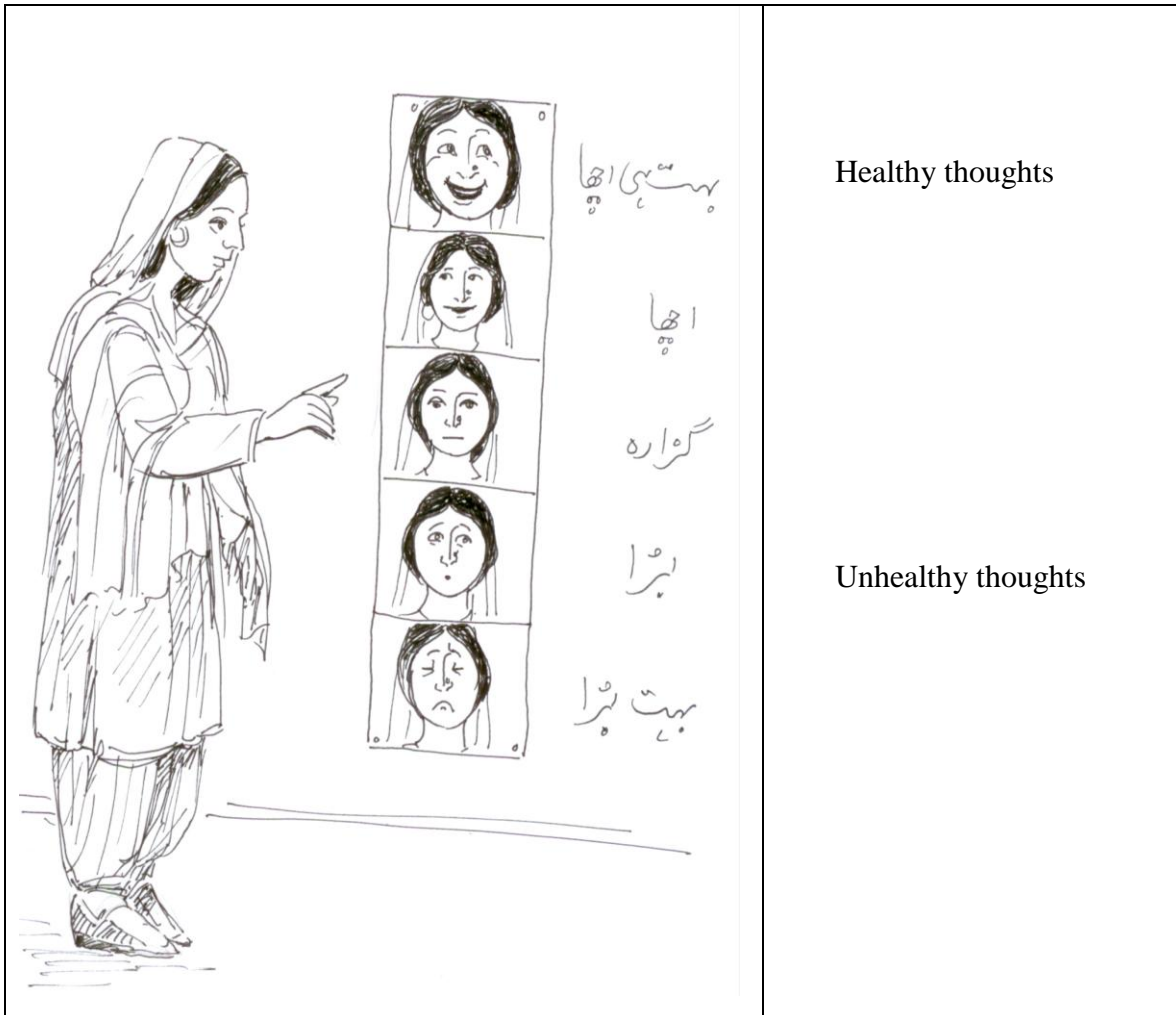


STEP 3

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.






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

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							

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



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



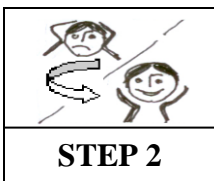
IF I GO OUT OF THE HOUSE
PEOPLE WILL THINK I AM
AN IMMORAL PERSON



I WILL NOT LEAVE THE
HOUSE NO MATTER WHAT



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



Learn to replace unhealthy thinking with healthy thinking



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



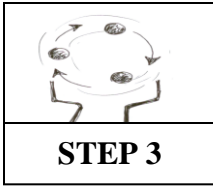
THERE ARE TIMES WHEN I HAVE
TO LEAVE THE HOUSE, EG TO
GET BABY IMMUNIZED, AND MY
FAMILY UNDERSTANDS THIS



NOT HAVING TO RELY ON
OTHERS ALL THE TIME TO
SEEK HEALTH CARE

Replacing unhealthy thinking with healthy thinking

In this day and age you can't trust anyone	I will not have any contact with anyone outside the home.	Reluctance to meet even health workers such as the vaccinator.
I should not make up my mind about people until I have had an opportunity to judge them.	I will meet people but will be cautious about trusting them blindly.	Talking to the vaccinator about what he does and making up your mind afterwards.
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.
People will always disappoint you.	Avoiding people.	Losing support.
There is some good in almost everybody.	I should talk to people I like without having too much expectations.	Maintain social support.



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: 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:

	Daily Monitoring						
	1	2	3	4	5	6	7