

# THINKING HEALTHY

## COGNITIVE BEHAVIORAL TRAINING FOR HEALTHY MOTHERS AND INFANTS



**Activity Workbook 5**  
**Sessions 14 to 16**  
**LATE INFANCY**

**SESSION FOURTEEN  
LATE 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 late infancy

**THINKING HEALTHY ABOUT YOUR PERSONAL HEALTH**



**Learn to Identify unhealthy thoughts about your personal health**



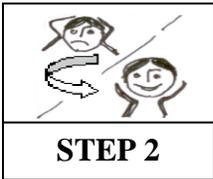
My illness is a punishment for my deeds



I will never get well



Trapped in cycle of illness-hopelessness



**Learn to replace unhealthy thinking with healthy thinking**



I can do a number of things to improve my health



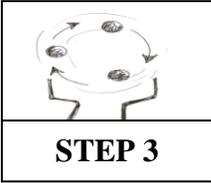
Taking positive action alongwith dua



Modern and traditional care can both be pursued for best result

## Replacing unhealthy thinking with healthy thinking

There are many things wrong in my life.	Nobody can do anything about it so no point trying	Depression and stress
I can focus on what is good in my life and what I can do	I can try to make positive changes to my life	Reduced depression and stress
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 <b>ADVICE</b>	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.



**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: Continue with your diet, exercise and relaxing and sleep schedule.



**SESSION FIFTEEN**  
**LATE 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**



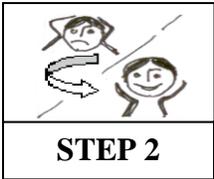
My job is to have as many children as I can. What happens to them is god's will.



It is difficult to look after all the children



Mother's health becomes poor, children's needs are neglected



**Learn to replace unhealthy thinking with healthy thinking**



As parents we are responsible for every child we bring to this world. This is god's will, too.



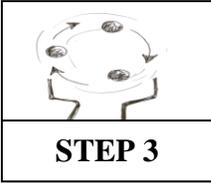
Birth spacing ensures that we can give full attention to our children



Intelligent and healthy children will have a good future

## Replacing unhealthy thinking with healthy thinking

I have never been a good mother to any of my children.	Blaming yourself for every problem.	Motivation for child care reduces.
I am feeling like this at this moment. Most times I take good care of my children.	Stopping this negative feeling about oneself from becoming stronger.	Motivation for childcare remains high.
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
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

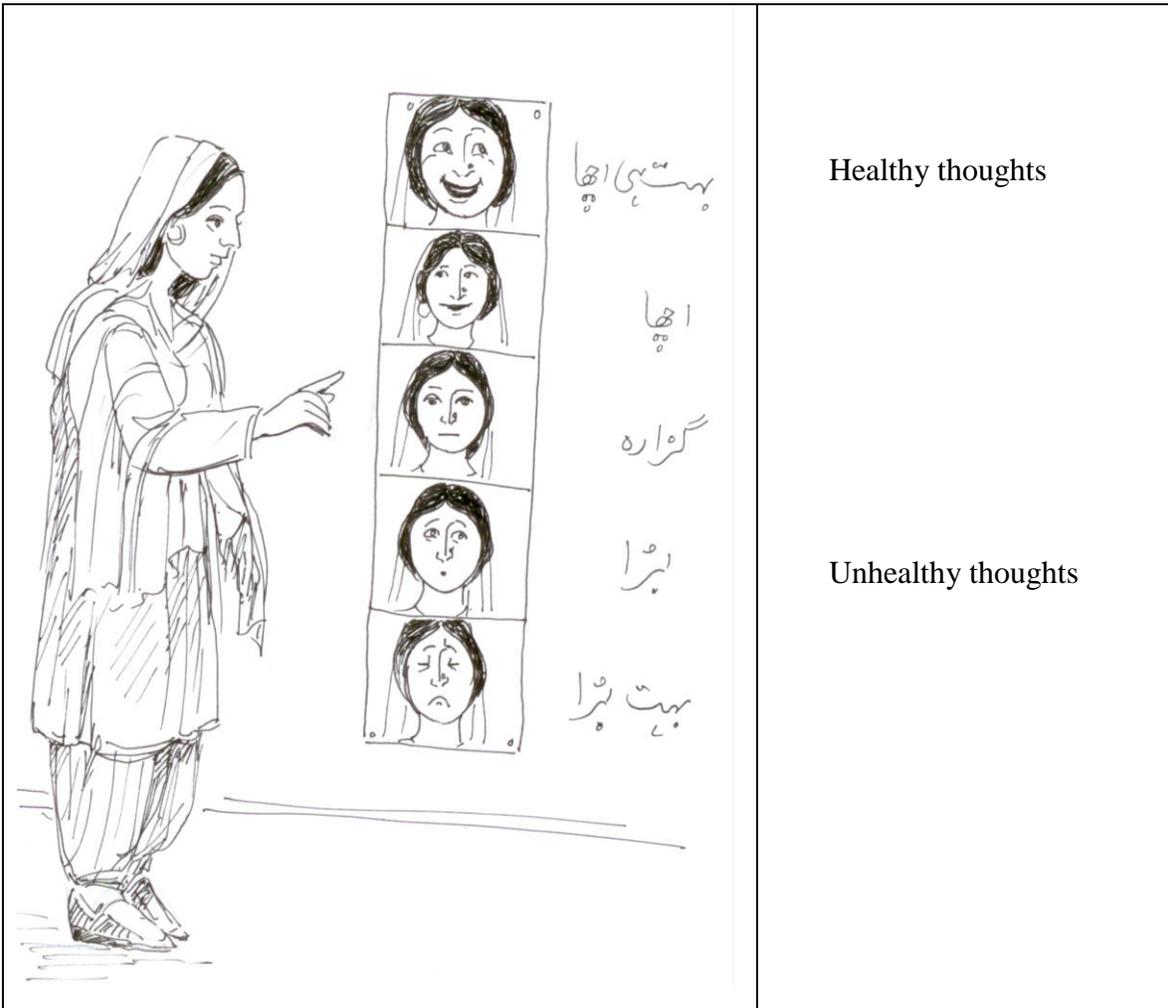


**STEP 3**

**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 to give you advice about birth spacing and contraception.

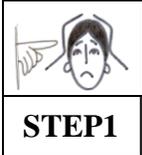
C: Activities that will strengthen your relationship with your baby and make it strong

Type of activity	Suggested Frequency	Daily Monitoring						
		1	2	3	4	5	6	7
	At least once a day							
	At least once a day							
	At least once a day							

**SESSION SIXTEEN:  
LATE 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**



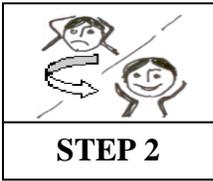
My family/husband don't understand me



If I try to talk to them it will create further conflict



Mother and family/husband don't function as a team, which is very bad for baby's development



**Learn to replace unhealthy thinking with healthy thinking**



Although we may have our differences, we must talk about our children's welfare which is paramount to us all



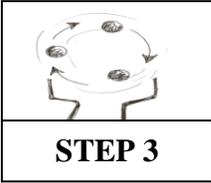
We can try to bridge our differences for the sake of our children



Family works as a team, which is good for baby's development

## 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.
Family members spoil the baby.	I will try to prevent them from playing with the baby	Baby loses opportunities social interaction
Safe and loving attention is good for the baby.	When baby is playing with other family members, I can have some time for myself	Both mother and baby gain from family's involvement

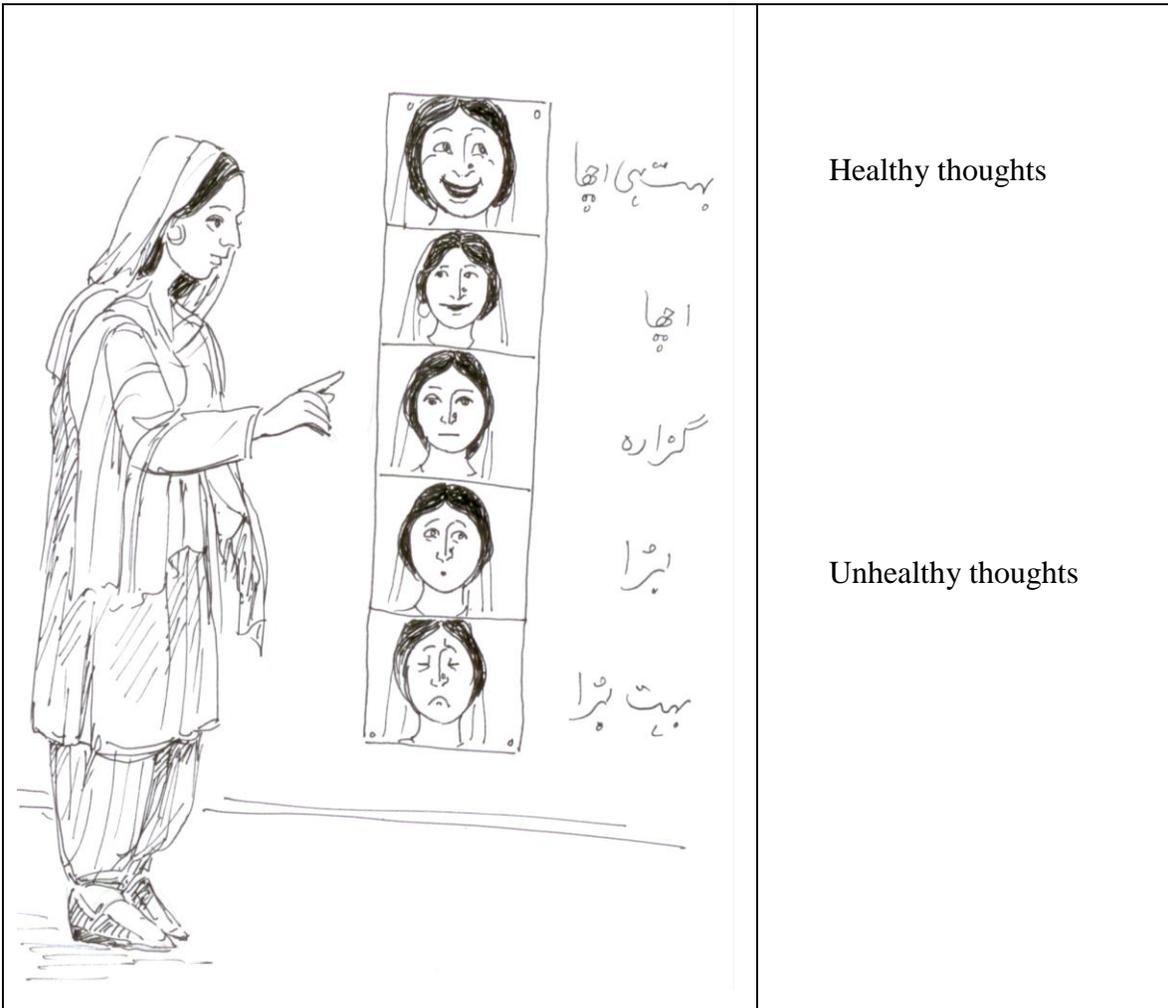


**STEP 3**

**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 spend some time folding up the training and addressing any unresolved issues.

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							
	At least once a day							
	Once a day or more							