



WHAT KIND OF THOUGHTS I WANT TO LEARN TO TEACH MY BABY



Our mind is our internal reality, our inner world, and our personal environment.

- The way we think is shaped by many influences since childhood.
- What we see, what we hear, the ways we are treated shape our internal reality.
- What we learn can be useful or it can be harmful. Some cause us great burdens or even pain and sorrow.
- Now that we are adults, we can decide (no one can force us) if we want to continue thinking in the manner we were taught as children.

Now that you are about to have a baby, you can decide how you would like to teach your baby to think.

- You can choose:
 - from the things your parents and family members taught you and choose the helpful ones
 - from your culture (in your country of origin, if you were not born here)
 - from the society you live in now

While there is no way of guaranteeing that your child will think in one way or another, there are ways of increasing the possibility that your baby will think in a certain way.

- Unfortunately, parents sometimes teach their children to think, to talk, and to behave in unhealthy ways without being aware that they are doing this.
- In this course, you can reflect on how you think and talk, so, even before your baby is born, you can decide what you want to teach him or her.