PASSING ON PATTERNS OF THINKING

Our thoughts affect the way we perceive life and how we will be as mothers.

As you become a mother, you can decide what kind of mother you will be. For example, you can decide:
- how to think about you, your baby and your relationship
- how you wish to treat your baby and what to teach him or her
- what you want to feel for your baby and those emotions you like to teach him or her

Remember that learning to think is like learning to talk. Babies learn to think and talk by observing how their mothers think and talk.

If the baby is raised listening to words of affection, the baby will learn to be affectionate.

Your baby will learn from you. Remember, you are his/her first teacher!

You can teach your baby to think in such a way that he/she would feel good about himself or herself.

As a mother, you could be an example to your baby. You could help him/her “shape” his/her thoughts so that he or she develops a healthy internal world.