



## 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.