

WORKSHEET 7.2: WAYS TO CHANGE HARMFUL THOUGHTS THAT AFFECT MY BABY AND ME



Just as your thoughts affect your mood, your child’s thoughts affect his/her mood. You can teach your child to think in healthy ways that will make him/her happy.

Methods to reduce harmful thoughts	How to teach your child to have a healthy mood
<p>Thought Interruption: There are times when we get into a rut with a certain thought, usually a negative one, which keeps bothering us throughout the day, making us feel bad. We can learn to become aware of this and “break our thought” to get out of the rut.</p>	<p>One way to do this with babies is to notice how they are feeling and teach them what feeling they are having. For example, if your baby begins to feel frustrated because he/she is tired and is sleepy, say “Honey, are you tired? It’s time for your nap. Once you rest you will feel a lot better.” This way your baby learns that something can be done to feel better.</p>
<p>Worry Time: Sometimes it’s necessary to think about the things that have an effect on your mood, but it’s important not to do it too often. It is possible to limit the amount of time you spend on these thoughts to 5 or 10 minutes per day, try not to do it when you are with your baby.</p>	<p>Take a few minutes a day to focus on your problems and worries when your baby is asleep and when you will not be interrupted. That way the baby will be less likely to learn to worry and you will be able to really focus on coming up with a good solution.</p>
<p>Time Projection: Sometimes when we get sad or depressed, it seems that things are terrible and that they will always be terrible. When this happens, it is helpful to imagine ourselves moving forward in time to a time when things will be better.</p>	<p>It’s important that your baby learns that life will bring them good and bad things. They can enjoy the good things and remember that the bad moments will pass by.</p>
<p>Self-instructions: Talking to ourselves is something that we all do and it does not mean we are crazy. It can be like giving yourself helpful directions. For example, you can remind yourself to use these techniques or how you want to handle things. Children learn to control themselves by giving themselves instructions such as “don’t touch,” “hot,” and so on. We also give ourselves instructions, especially when we are doing something new.</p>	<p>The way that you speak to your baby will teach him/her to understand you better as they grow up. It’s true that your baby will not understand everything you say, but it’s good to start practicing now. For example, you can tell yourself, “I want to raise my baby with a lot of love, so when my baby needs to be disciplined, they won’t think they are not loved.”</p>