

WORKSHEET 8.1: THOUGHTS ABOUT BEING A MOTHER



- Our thoughts affect the way we perceive life and how we are as mothers.
- You can decide what kind of mother you want to be. For example, you can decide:
 - How to think about yourself, 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 would 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 learns 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 and about you.
- As a mother, you can be an example for your baby. You can help him/her “shape” his/her thoughts so that he or she develops a healthy inner reality.