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.