

WORKSHEET 6.1: THOUGHTS ABOUT BEING A MOTHER



- Your thoughts have been shaped by the people and experiences in your life.
- The people and experiences in your baby's life will also shape the way he/she thinks.
- 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/she develops a healthy inner reality.