Class #1:
INTRODUCTION TO THE MOTHERS AND BABIES COURSE

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I. PURPOSE OF THE COURSE

During the course, you will learn:

1) Ways to think about and interact with your baby to create an emotionally and physically healthy reality for him or her.

2) Helpful information about your pregnancy and your baby’s development.

3) Ways to manage life stress and improve your mood so:
   - you can feel better and enjoy life more
   - you can teach your baby how to manage life stress as he or she grows up
   - you can avoid mood problems such as depression

You will also have the opportunity to talk with other women who are expecting a baby and have a group of people that you can share ideas and concerns with before and after you give birth so you can give your baby the support he or she needs.
II. INTRODUCTIONS

1) What is your name?

2) Where you are from?

3) How long have you lived in this area?

4) How many months are you pregnant and when are you due?

5) Tell us about your family and whether you have any other children.

6) What activities do you like to do in your free time?

7) What kind of mother would you like to be?

8) What would you like to learn from this class?

Notes:

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III. CLASS GUIDELINES

1. Try to come to every class.
   (If you cannot make it to the class, please call us at 206-5151).

2. Come on time.

3. Respect confidentiality (what is said in the group stays in the group).
   EXCEPTIONS: Things leaders cannot keep confidential
   - If we hear about child abuse or neglect
   - If we hear an older adult (over 65) is being abused or neglected.
   - If we hear someone is in danger of hurting themselves or someone else in the future

4. Listen to and support each other.

5. Be respectful and respect the point of view of your classmates.

6. Share time talking in group.
   (Share your ideas and let others share theirs).

7. Complete your personal project for the week.
   (So you can get the most out of class).

8. Tell us if you are unhappy with the classes.

9. You don’t have to do anything you don’t want to do.

10. Share only what you wish to share and remember that you have the right to keep some things private.
THE MOTHER-BABY RELATIONSHIP

Bonding or Attachment:
Close emotional tie that develops between parents and babies.
IV. New Material:
STRESSORS THAT CAN AFFECT THE MOTHER-BABY RELATIONSHIP

- Too much work
- Money Problems
- Household Chores
- Problems with Other People
- Time Pressures
- Body Pains
- Headaches
Stress can bring us down. But we can learn to manage stress and feel better and more balanced by making changes in:

- the way we **behave**
- the way we **think** about and understand the stressors
- the **support** we receive from other people
THE MOTHERS AND BABIES COURSE

Class #1

THE 12 CLASSES OF THE MOTHERS AND BABIES COURSE

ACTIVITIES:

Class # 1 – Introduction to the Mothers and Babies Course.

Class # 2 – Activities and my mood.

Class # 3 – Activities and my baby’s mood.

Class # 4 – Pleasant activities help construct a healthy reality for me and my baby.

THOUGHTS:

Class # 5 – Thoughts and my mood.

Class # 6 – How to give myself good advice.

Class # 7 – Fighting harmful thoughts that affect me and my baby.

Class # 8 – Thoughts I want to learn to teach my baby.

CONTACT WITH OTHER PEOPLE:

Class # 9 – Contact with others and my mood.

Class # 10 – How to get support for me and my baby.

Class # 11 – The importance of good communication and preparing for my baby’s birth.

Class # 12 – Using the course to build a healthy life for me and my baby.
Video: "MY PARENTS, MY TEACHERS"

The Mother-Baby Relationship

Reactions: What did you like the most? What do you remember the most?

- The first 3 years of your baby’s life are the most important.

- Teaching a baby something new makes their neurons (brain cells) grow and make connections.

- Each child is different.

- Children’s “work” is to play.

- Reading, playing and singing with your baby will help your baby's physical and emotional development.

- Every mother is capable of giving what her child needs.
Activity:
WHAT KIND OF MOTHER DO I WANT TO BE?

- What are some things your parents did which you think helped you and which you want to repeat with your children?
- Are there any things they did which you don’t want to repeat?
- Are there helpful or unhelpful parenting skills you have learned from other family members, friends or from observing other parents?

Things I want to remember to do:
Example:
“I want to explain to my child why some things are not good to do, for example, using drugs.”

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Things I want to avoid doing:
Example:
“I do not want to use words that will hurt my child’s feelings.”

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V. Personal Project: QUICK MOOD SCALE

DIRECTIONS: Track your mood every day using the Quick Mood Scale. It will help you learn to be aware of how you feel so that you can learn to have healthier moods and teach your baby to balance his/her moods.

- The seven columns represent each day of the week.
- Write down the date above each of the seven columns.
- Every night, before going to bed, circle the number (between 1-9), which indicates how you feel on that day. For example,
  - if your mood is average, (neither high nor low), circle number 5
  - if it is better than average, circle a number higher than 5
  - if it is worse than average, circle a number lower than 5
- The number you choose will only reflect how you feel that day—there is no right answer. We find that it is easiest to keep the scale by the bed so that before you go to bed, you can think about your day and rate your mood for the day.

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OPTIONAL PROJECT (do the following activity if you like)

1) Discuss the Mothers and Babies Course with a friend or a family member. Talk about what you learned in today’s class.