

Positive Mental Health during Pregnancy Through the Book “Knock Knock Let’s Talk”

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Abstract

Pregnancy is an array of emotions. There are emotions like happiness, anxiety, worry, sadness, a sinking feeling, excitement to name a few. Since these emotions have a major impact on the health of the expecting mother as well as the baby in the womb, the right set of emotions must be trapped. The mental health of the expecting mother is of the utmost importance these days owing to various lifestyle stresses and anxieties surrounding pregnancy. The awareness of changes happening in the body and the mental state should be taken care of. The book Knock Knock

Let’s Talk is a book which is a companion throughout the 9 months of pregnancy. It starts with week 5 and is written till week 40 where in tit bits of positive affirmations are written for the expecting mother and virtues are penned down for every week which the mother can read aloud to the baby in the womb. In these womb conversations the mental health of the mother is taken care of by positive affirmations and a bond is created between the expecting mother and the baby. The virtues talked are the ones which can be followed by each one of us in our day to day lives. The beauty of the book is when a mother is sharing these virtues with the unborn, these virtues become a part of her life as well thereby spreading positivity and happiness.

Introduction

I am a mother
I have emotions
I am asked to be happy
But why is this important
I have so many tasks to do
I have my moods which may be blue
It seems difficult to do with the physical changes happening
Why am I asked to be happy?
When I feel crappy
So like afore verse says, pregnancy is roller coaster of emotions.
There are moments of happiness, anxiety, worry, insecurity, excitement to name a few.

To handle them correctly at the right time is very essential.
So here we have Knock Knock let’s Talk which is a book on prenatal bonding with the baby in the womb.

Methods

To start with let’s understand what to expect when you are expecting?

Pregnancy brings about many changes in the physical as well as mental health. When we talk about the mental changes, there are many emotions which an expecting mother can feel when she is pregnant. She may feel happy, excited, anxious, and fearful because of the changes happening in her body. The hormonal as well as physical changes may make the expecting mothers feel blue many a times. It is said that upto 80 % of women feel blue atleast once when they are expecting.

Statistics

According to WHO, worldwide about 10% of pregnant women and 13% of women who have just given birth experience a mental disorder, primarily depression. In developing countries this is even higher, i.e. 15.6% during pregnancy and 19.8% after child birth. In severe cases mothers’ suffering might be so severe that they may even commit suicide. In addition, the affected mothers cannot function properly. As a result, the children’s growth and development may be negatively affected as well. Maternal mental disorders are treatable. Effective interventions can be delivered even by well-trained non-specialist health providers.

Importance of Maternal Mental Health during Pregnancy

When the expecting mother is happy and leads a positive and balanced life, her body generates hormones like oxytocin and other endorphins which can help in the better development of the baby's nervous system. These babies feel more loved and secure once they grow up because of the positive environment in the womb.

On the other hand when the expecting mother is under stress, there will be release of stress hormone which will affect the metabolism of placenta and will affect the growth of the baby in the womb. These babies are predisposed to negative emotions like sadness and pessimism.

According to Dr. Thomas Verny, "Awake or asleep, the studies show, they (unborn children) are constantly tuned in to their mother's every action, thought, and feeling."

What can be Done

Forming a good prenatal bond with the baby really helps the mother in being positive. Though pregnancy is a roller coaster of emotions, the expecting mother can keep herself positive by reading, talking to the baby in the womb. Positively talking to your baby helps in harnessing positive thinking. Affirmations in the book Knock Knock Let's talk help as tools to overcome negative thoughts. We do repetitive exercises to maintain our physical health and similarly the thoughts expressed in the book act as mental exercises to keep the positivity high of the expecting mother. These positive mental repetitions can help in reprogramming our thinking patterns and over a period of time we start thinking positively. The book helps in creating a positive mind set as the pregnancy advances and helps in keeping the maternal mental health good. Dr. Bruce H. Lipton says, "Your children's genes reflect only their potential, not their destiny. It is up to you to provide the environment that allows them to develop to their highest potential." in The Biology of Belief.

So here we have Knock Knock let's Talk which is a book on prenatal bonding with the baby in the womb. It has positive affirmations for the mother to be and as well as positive talk for the baby in the womb. Babies are conscious, they are having an environment in the womb and they understand everything.

Usually the expecting mothers are asked to bond with the babies by talking to them, reading to them aloud and what they usually do is that they share their routine daily talks with them like how are they doing, and share their day with them. Here the book is slightly different and which makes it stand apart from other antenatal books. Every week the mother teaches the child in the womb one new virtue. The book starts from week 5 and is up to 40 weeks. Every week one new quality is discussed and shared. In the process of teaching or preaching the baby in the womb, the positivity in turn comes to the expecting mother. The beauty of doing good is that it leaves its foot prints on giver in turn so for example when the expecting mother is teaching gratitude to the unborn child in the womb she tends to change her attitude to gratitude as well [1-8].

That is the importance of positive reading and talking. Once in a while you come across a book which stays with you for years even after finishing it. This is one such book which will stay with its virtues with you for years to come.

There is personal space given as well which is there to pen down your feeling as a mother as each one has something special to share besides what the author has written.

So this is how a wonderful prenatal bond can be formed by reading aloud to the baby.

- Harnessing Positive thinking can be done with the help of this book.

Conclusion

A positive environment can be given to the expecting mother as well as to the baby in the womb through the book Knock Knock Let's Talk.

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