

ACTIVITY HANDOUT: POSITIVE COUNSELING SKILLS

FLASHCARDS

[MODULE 5: Supporting Mothers with Disabilities and Mothers of Infants with Disabilities]

What are the 3 steps involved in the counselling process?	Provide an example of how you would show empathy to a mother who is feeling overwhelmed.
Provide an example of how you would give clear and doable actions to a mother who is malnourished.	Propose a strategy that ensures the mother understands your recommendations about cup feeding.
A mother feels guilty because her infant is underweight. Role-play a brief scenario using positive counseling skills to reframe her perspective	When counseling a mother, you identify three feeding difficulties and two concerns about the mother's health. What should you do next?
A mother of a newborn expresses that she feels unsure about breastfeeding. Role-play a brief scenario demonstrating active listening .	A mother has difficulty understanding her infant's feeding schedule. Role-play a brief scenario using clear communication to explain it.

<p>Propose a strategy that you can use in counseling that helps the mother build confidence.</p>	<p>Propose a strategy that you can use in counseling that gives support to mothers.</p>
<p>A mother feels guilty for not being able to breastfeed. Which of these statements does <u>not</u> show positive counseling skills?</p> <p>A) There are many ways to ensure your baby is healthy and happy.</p> <p>B) Let's look at all the positive things you are doing for your baby.</p> <p>C) Follow the advice I'm giving you and you'll be able to breastfeed.</p> <p>D) It seems like you're struggling. How can I help?</p>	
<p>A mother tells you that her husband lost his job. Which of these statements best shows empathy?</p> <p>A) I know exactly how you feel.</p> <p>B) That sounds really challenging. How can I support you?</p> <p>C) Don't worry so much.</p> <p>D) I have been through worse situations.</p>	
<p>A mother is struggling with breastfeeding. Which of these responses best shows supportive feedback?</p> <p>A) Let's work on small steps to improve.</p> <p>B) You need to do better than this.</p> <p>C) Most mothers manage. It's not that hard.</p> <p>D) Why is it so hard for you?</p>	



A mother asks you about how often she should breastfeed. Which of these statements best uses **clear communication**?

- A) Feed your baby 8 to 12 times each day.
- B) Feed your baby when they cry.
- C) Feed your baby frequently.
- D) Here's a schedule for you to follow.

A mother shares that her baby cries a lot and keeps her up most nights. Which of these statements best demonstrates **active listening**?

- A) I hear what you're saying, and it sounds really challenging.
- B) You should try to relax.
- C) I know exactly how you feel.
- D) Can we please hurry up? I have more infants to see.