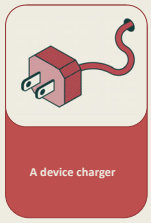
MomMA Module 5: Creating Structure

1

Before we begin, make sure you have...


A device charger

Your MomMA packet

Something to write with

2

3 Mindful Breaths

Sounds

Breath

Body Sensations

3

Changing Your Thinking Review

- **Our thoughts can:**
  - Change our feelings about a situation or event
  - Affect our behaviors
  - Be helpful or unhelpful
- **Common unhelpful thoughts include:**
  - Shoulds
  - All-or-nothing thinking
  - Filtering
  - Labeling
- **Strategies include:**
  - Challenging unhelpful thoughts
  - Thought interruption, "talking back", letting thoughts float away
  - Paying attention to your successes and time projection

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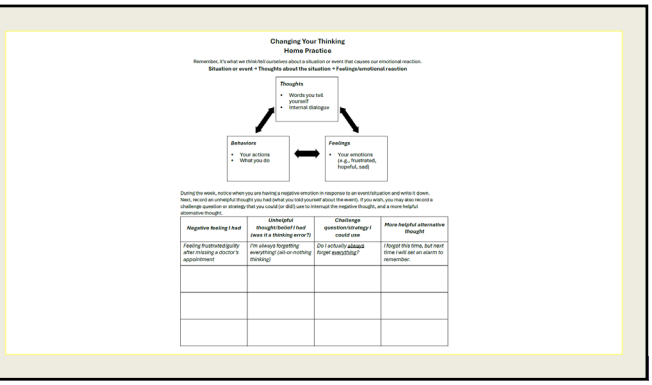

Changing Your Thinking
Home Practice

Remember, it's what we think/tell ourselves about a situation or event that causes our emotional reaction.
Situation or event + Thoughts about the situation = Feelings/emotional reaction

Thoughts
- Words you tell yourself
- Internal dialogue

Behaviors
- Your actions
- What you do

Feelings
- Your emotions (e.g., frustrated, hopeful, sad)

During the week, notice when you are having a negative emotion in response to an event/situation and write it down. Next, record an unhelpful thought you had (what you told yourself about the event). If you wish, you may also record a challenge question or strategy that you could (or did!) use to interrupt the negative thought, and a more helpful alternative thought.

Negative feeling I had	***Unhelpful thought (belief I had (was it a thinking error?)***	***Challenge question/strategy I could use***	***More helpful alternative thought***
Feeling frustrated/guilty after missing a doctor's appointment	*I'm always forgetting everything! (all-or-nothing thinking)*	*Do I actually always forget everything?*	*I forgot this time, but next time I will set an alarm to remember.*

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Home Practice Review

What did you learn from the home practice about your thoughts?

Did you notice any positive or negative thought spirals this week?

What helped you manage or control your thoughts? Were any specific strategies helpful?

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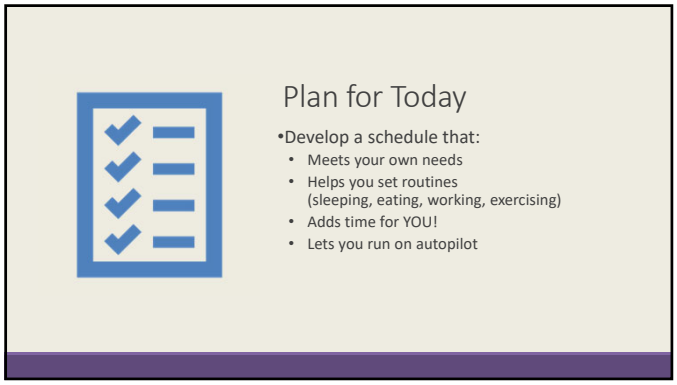
Plan for Today
•Develop a schedule that:
• Meets your own needs
• Helps you set routines (sleeping, eating, working, exercising)
• Adds time for YOU!
• Lets you run on autopilot

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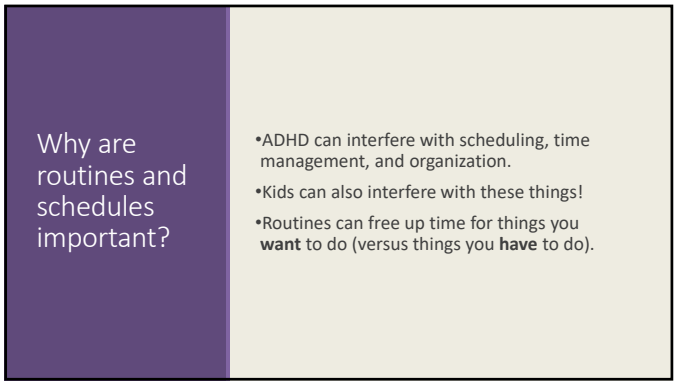
Why are routines and schedules important?
•ADHD can interfere with scheduling, time management, and organization.
•Kids can also interfere with these things!
•Routines can free up time for things you **want** to do (versus things you **have** to do).

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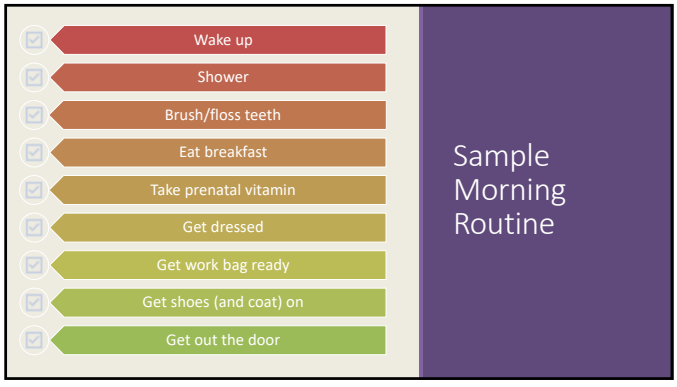
Wake up
Shower
Brush/floss teeth
Eat breakfast
Take prenatal vitamin
Get dressed
Get work bag ready
Get shoes (and coat) on
Get out the door
Sample Morning Routine

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How can routines and schedules help?

- Routines and schedules can decrease the "brain power" needed for daily tasks.
- Goal: To make your schedules and routines automatic so that you can be on "auto pilot" before the baby arrives.

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Current Schedule Review

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Important Activities to Schedule

- Sleep
- Inflexible Responsibilities (e.g., work, school)
- Home Responsibilities
- Family Responsibilities
- Prioritized Tasks and To-Do Lists
- Other Responsibilities
- Meals
- Exercise and Physical Activities
- Pleasant Activities and Self-Care

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Important Activities to Schedule: Sleep

- ADHD is often associated with sleep difficulties.
- A daily schedule can help to improve sleep by improving efficiency during the day and avoiding staying up late to complete important tasks.

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Important Activities to Schedule: Prioritized Tasks and To-Dos

- **Inflexible**
  - Work, school, appointments, etc.
  - Consider and block travel and preparation time as needed.
- **Prioritized Tasks and To-Do Lists**
  - Household chores, paying bills
  - Tasks from your to-do list
- **Other Responsibilities**
  - Family responsibilities
  - Meals

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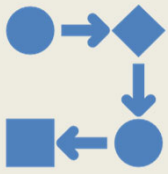

Transitions

- Schedule enough time for transitions from one activity to another.
  - If it takes you 20 minutes to get things together before leaving for work, make sure there's enough time in the schedule for this.
- Building in transition time will reduce stress and allow for unpredictable things like traffic.

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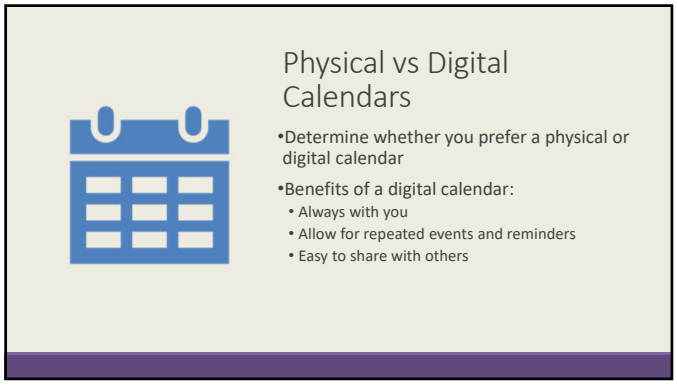
Physical vs Digital Calendars
•Determine whether you prefer a physical or digital calendar
•Benefits of a digital calendar:
• Always with you
• Allow for repeated events and reminders
• Easy to share with others

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1
Creating a schedule for the next week
2
Creating a schedule or routine for a challenging time of day
3
Scheduling a consistent sleep/wake time
4
Adding exercise or physical activity
5
Scheduling pleasant activities or mindfulness/ meditation practice
6
Setting up a digital calendar or sharing a calendar with a partner or coparent
Improving Your Schedule

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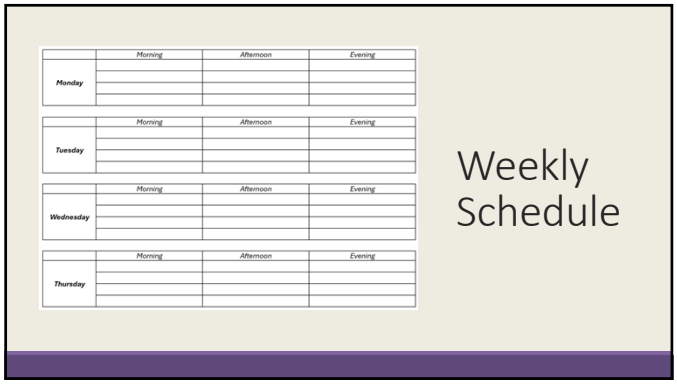
Morning
Afternoon
Evening
Monday
Tuesday
Wednesday
Thursday
Weekly Schedule

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Scheduling Sleep

- Aim for 7-9 hours per night.
  - Recommended amount of sleep for adults (including during pregnancy): 7-9 hours per night
  - Time asleep vs time spent in bed
  - Plan for and earlier bedtime if needed
- Sleep consistency is important.
  - Select sleep times that work for weekdays and weekends.
  - Go to bed and get up at the same time every day. Being consistent reinforces your body's sleep-wake cycle.

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Strategies to Improve Sleep

- Cool, dark, and quiet room
- Set bed and wake times
- Relaxing bedtime routine
- Avoid napping late in the day
- Out of bed after 20 minutes awake
- Exercise early in the day
- Avoid screens before bed
- Schedule time to get ready

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Scheduling Exercise and Physical Activity

- Experts recommend getting regular exercise, including during pregnancy.
- Discuss exercise with your pregnancy care provider(s).
- Regular exercise during pregnancy has many benefits.
- Examples:
  - Standing while doing chores (folding clothes, etc.)
  - Pushing baby in their stroller or going for a walk
  - Putting away groceries
  - Gardening or yard work
  - Playing with older children

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Scheduling Pleasant Activities and Self-Care

- Important for well-being, happiness, and happiness
- Ordering pleasant activities may motivate you to complete other responsibilities
- Add enjoyable activities to other parts of your day
  - E.g., watching TV while folding laundry
- Incorporate mindfulness or schedule time for meditation

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Implementing Your Schedule

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Forming Habits

- Take advantage of an existing habit ("habit stacking")
  - "Before/after I _____, I will _____."
    - After I brush my teeth in the morning, I will take my medication.
    - Before I walk out the door for work, I will send a text to a friend.
- Consistency is key!

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Using Reminders

- Physical reminders
  - Putting prenatal vitamins next to your toothbrush
  - Placing running shoes by the front door
  - Keeping a notebook next to your bed for end-of-day mood monitoring
- Digital reminders
  - Phone alarms or smart home devices

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Session 5

Creating Structure
Home Practice: Scheduling

Record the changes you will make to your schedule and steps you will take to help you implement your schedule. There is a weekly schedule template on the next page if you wish to record a schedule to follow over the next week.

Change I am going to make: *Set a consistent bedtime and wake time*	
• *Pack lunches for the next day after cleaning up dinner* • *Move alarm clock to dresser so I have to get up to snooze it*	• *Set alarm to get ready for bed*

Change I am going to make:	

Change I am going to make:	

Home Practice

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S: Stop
T: Take a breath
O: Observe
P: Proceed with awareness

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How do you feel about your ability to:

- Follow your schedule for the next week?
- Make adjustments to your schedule when they're needed?

1 2 3 4 5 6 7 8 9 10

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Flexibility and Adaptability

- Schedules and routines require flexibility (especially when you add children to the mix).
- Expect that changes and challenges will occur.
- Schedules may need to change as activities are added or your baby's needs change.
- Utilize gaps in your schedule (to catch up on tasks or rest/reset).

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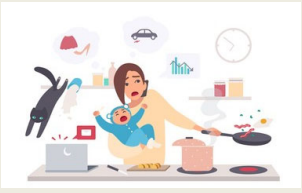

Reminder!

The first few weeks postpartum will be a particularly difficult time to implement a regular schedule as your baby's needs will often drive the schedule.

As your baby grows and changes, your schedule will need to change along with it. **This is expected!**

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Reflection Questions

How might a daily schedule:

...help you to stay on task and meet your goals?

...reduce stress and anxiety?

...support you with meeting the demands of parenthood?

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