

## **PRENATAL AND PARENTING CLASSES:**

*(last updated 9/1/2009)*

### **EARN WHILE YOU LEARN CURRICULUM (VIDEOS)**

#### **MODULE 1**

The First Trimester  
Prenatal Care – Also in Spanish  
Nutrition – Also in Spanish  
Going It Alone  
Your Developing Body *(also in Spanish)*

#### **MODULE 2**

Smoking  
Ultrasound – Window to the Womb  
What's Safe – What Isn't *(also in Spanish)*  
Bonding with Your Unborn Baby  
Your Changing Body *(also in Spanish)*

#### **MODULE 3**

The Second Semester  
A Look at Adoption  
Your Unborn Baby's Secret World  
Reducing the risk of SIDS  
The Amazing Talents of a Newborn

#### **MODULE 4**

The Third Trimester  
Getting Ready for Baby *(also in Spanish)*  
Eye Contact Means Love  
Infant Temperament  
The Importance of Bonding

#### **MODULE 5**

Infant Massage  
Newborn Care – Also in Spanish  
Crying, Colic and Sleep *(also in Spanish)*  
Taking Care of Yourself *(also in Spanish)*  
The First Years Last Forever *(also in Spanish)*

#### **MODULE 6**

Parent-Child Relationship  
Safe From the Start – Also in Spanish  
Self-Esteem  
Quality Child Care – Also in Spanish  
Communication

#### **MODULE 7**

Emergency first Aid – Accidents  
Emergency First Aid – Illnesses  
Car Seat Safety  
Your Baby Can Sleep  
Discipline – Teaching Limits With Love

#### **MODULE 8**

Food for Growth - Feeding Your Baby  
Breastfeeding Your Baby  
Your Baby's Development  
Mind That Child - Preventing Child Molestation  
Shaken Baby Syndrome

#### **MODULE 9**

Postpartum From Pregnant to Parent  
Your Healthy Baby  
Ready to Learn  
Happiest Baby on the Block  
Toilet Training

#### **SPECIAL CIRCUMSTANCES**

Child Abuse and Neglect  
Fetal Alcohol Exposure  
Fetal Alcohol Syndrome and Drugs in  
Pregnancy  
Crystal Meth  
Unborn Addicts  
Miscarriage - Footprints On Our Hearts

### **EXTRA CLASSES: DVDs**

- ***Pregnancy*** – 38 Weeks and Labor
- ***Birth – With Anesthesia***
- ***Your Healthy Baby*** – Also in Spanish
- ***To Be a Father***
- ***Ready to Learn*** – Also in Spanish
- ***Food and Fitness Matter: Raising Healthy Active Kids***
- ***Preparing for Parenthood***
- ***The Pre-K Promise***
- ***A Child With Special Needs***
- ***Stop Smoking Now***
- ***Why Early Childhood Matters***
- ***For the Child***
- ***Life is Sacred*** – Also in Spanish
- ***Baby Care*** – Also in Spanish

### **PARENTING CLASSES:**

#### **“PARENTING WORKS” CLASSES (VIDEOS)**

- ***Bedlam At Bedtime***
- ***Let’s Be Friends***
- ***Food, Glorious Food***
- ***Family Ties***
- ***Television: On Or Off***
- ***Babysitting***
- ***Learning Responsibility***
- ***Safe And Sound***
- ***Siblings***
- ***Playing To Learn***
- ***Misbehaving In Public***
- ***Balancing Work And Family***
- ***Moms and Dads***

### **PARENTING CLASSES – BIBLICAL BASED:**

#### **“SHEPHERDING A CHILD’S HEART”**

- Getting to the Heart of Behavior
- Shaping Influences and God-ward Orientation
- Discerning the Abundance of the Heart
- Embracing Biblical Methods: Communication
- Embracing Biblical Methods: Appeal to Conscience
- Embracing Biblical Methods: The Rod
- Critiquing Your Goals
- Keeping the Gospel Central
- Playing Catch-Up
- Ages 0-5: Goals and Objectives
- Ages 0-5: Methods
- Ages 6-12: Goals and Objectives
- Ages 6-12: Methods
- The Teen Years: Goals and Objectives
- The Teen Years: Methods

## **“DON’T MAKE ME COUNT TO THREE!”**

- Chapter One High Calling of Motherhood – Parenting is important work – take it seriously.
- Chapter Two Defining Discipline – Not just controlling behavior, but training your child to think right.
- Chapter Three Drawing Out Issues of the Heart – Asking questions to draw out what’s going on in your child – why is he doing what he is doing.
- Chapter Four Training Children in Righteousness – Not just telling what is wrong, but explaining what is right.
- Chapter Five Taming the Tongue – Using words wisely.
- Chapter Six The Power of God’s Word – We discipline and train to rescue the child from continuing in his own foolishness to his future detriment.
- Chapter Seven Managing the Manipulator –Don’t get sucked into arguing with your child – You are the parent, the authority.
- Chapter Eight Guidelines for Verbal Correction – Your motives, time/place, voice tone.
- Chapter Nine The Tailbone’s Connected to the ...Heart? – Wrong ways to discipline: bribing, threatening, emotional manipulation.
- Chapter Ten The Biblical Model Works – True love holds the child accountable for his actions, it does not make excuses for it.
- Chapter Eleven Setting the Standard of Obedience – Set the standard and be consistent in expectations and discipline.
- Chapter Twelve To Spank or Not to Spank – Don’t discipline for childishness or lack of ability to perform, accidents, before you have all the facts, or when you are angry.

## **LIFE SKILLS CLASSES: (VIDEOS)**

L2.1 MONEY MANAGEMENT 101

L2.2 BASICS OF BUDGETING

L2.3 CHECKING ACCOUNTS

L2.4 POSITIVE CREDIT

L2.5 SAVING FOR THE FUTURE

L3.1 APARTMENT RENTING 101

L3.2 ROOMMATES – CONFLICT RESOLUTION

L3.3 FURNISHING AND DECORATING

L3.4 HOUSECLEANING 101

L3.5 TIME MANAGEMENT FOR THE PARENT

L4.1 SHOPPING FOR A CAR

L4.2 INSURANCE NEEDS

L4.3 USING A RECIPE

L4.4 SURVIVING AT THE CHECKOUT

L4.5 MENU PLANNING

## **ABSTINENCE MODULES**

L1.1 IT'LL NEVER HAPPEN TO ME! – The consequences of sexual activity.

L1.2 THE HEART OF THE MATTER – The emotional consequences of sexual activity.

L1.3 WHAT DOES GOD SAY? – The spiritual consequences of sexual activity.

L1.4 CHARACTER MATTERS – WHAT'S YOURS?

L1.5 MAKING THE COMMITMENT – ABSTINENCEs UNTIL MARRIAGE