

What You Can Learn!

1ST TRIMESTER

Prenatal Care
Nutrition
Going It Alone
Your Developing Baby
Smoking
Ultrasound
What's Safe, What Isn't
Bonding with your Baby
Your Changing Body

2ND TRIMESTER

A Look at Adoption
Reducing the risk of SIDS
Amazing Talents of Your Newborn
Your Baby's Secret World

3RD TRIMESTER

Getting Ready for Baby
Eye contact Means Love
Infant Temperament
The Importance of Bonding
Labor and Delivery
Birthing Plan
Infant Massage
Newborn Care
Crying, Colic and Sleep
Caring for yourself
The First Years Last Forever
Safe & Healthy Environment
Parent Child Relationship

PARENTING SKILLS

Self-Esteem
Quality Child Care
Accident / Illnesses
Car Seat Safety
Your Baby Can Sleep
Discipline with Love
Food for Growth
Breastfeeding Basics
Your Child's Development
Protecting Your Child from Molestation
Shaken Baby Syndrome
Sex, Love and Relationships
123 Magic (discipline)
What Is The Bible
A Dash Through The Bible
How to Really Love Your Child
The Key to Discipline
Power Struggles
A Lasting Legacy
Money Management
Basics of Budgeting
Checking Accounts
Positive Credit
Saving for the Future



For more information about our Earn While You Learn parenting program contact:

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...to **BE**
the
BEST
PARENT
You Can Be !



And **EARN** what your
Baby needs!

Is “Earn While You Learn” for ME?”

Listen to what others say...

“This program has been a grounding experience for me. It has opened many opportunities for education on topics that are important to me and to my family. I absolutely recommend it to any mothers and fathers to-be, especially in those times that reassurance of your capabilities as a mom or dad is needed.”

Kelly, age 22 - EWYL client



“You have been such an inspiration and complete blessing in my life. You are an awesome person and a true friend. I learned so much going through the program. Through my son, I have learned everything happens for a reason and even though we make mistakes, in the long run a blessing comes from them. And a new chapter of our lives begin. God bless you and thank you for all you do.”

Desiree, 21 - as written to her EWYL Mentor

Could the Earn While You Learn Program HELP YOU?

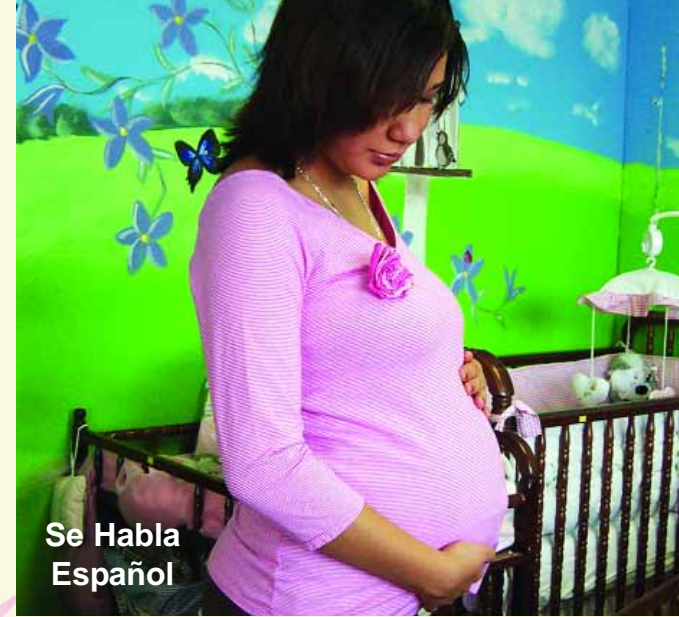
Pregnancy and parenting are filled with lots of uncertainty. This program is designed to answer many of your questions and ease your anxiety.

You can “Earn While You Learn”. With each lesson that you complete you will earn mommy and daddy dollars for baby supplies and other materials.

Prospective first-time moms and dads need to learn how to be good parents in order to raise a healthy, happy child. It doesn't just happen. Parents need to understand and prepare for the challenges awaiting them on the arrival of their child.

The Family Resource Center staff, along with a mentor for each individual client, is available to provide support and resources during this time of transition and change.

The lessons are fun, interesting and practical. They are taught by Doctors and experts in the area of Childcare Development. Through this program we can help you learn how to be the best parent you can be.



Se Habla Español

Earn things your baby needs!

As a reward for attending a one-hour weekly session with your mentor, you will earn Mommy and Daddy Dollars that can be spent in our Mommy Store. This will help you be able to provide for most of the material supplies your baby will need. The items range from baby beds to car seats to diapers.

The Earn While You Learn program will help you understand what to expect during your pregnancy and beyond. There are a number of topics to choose from (see back panel). Our staff will design an individualized lesson plan that is unique to your needs.

Best of all you will work with a parenting mentor who will help you understand the challenges and joys that lay ahead for you and your baby.

We would love to have you involved in our program. Come by and let us show you the supplies and materials you can earn from learning to be a parent.