

## EARN AS YOU LEARN PROGRAM

### FIRST TRIMESTER

- Pregnancy: 1st trimester M1
- Prenatal Care M1
- Eating for Two M1
- Your Developing Baby M1
- What's Safe, What Isn't M2
- Your Changing Body M2
- Prenatal Development C

### SECOND TRIMESTER

- Pregnancy: 2nd trimester M3
- Bonding with Your Unborn Baby M2
- Going it Alone M1
- Infant Care M11
- Baby Care C
- Reducing the Risk of Sids M3
- Caring for Yourself M5

### THIRD TRIMESTER

- Pregnancy: 3rd trimester M4
- Breastfeeding C
- Getting Ready for Baby M4
- The Importance of Bonding M4
- Infant Massage M5
- The Basics of Newborn Care M5
- Bathing and Sleeping M5
- Car Seat Safety M7
- Shaken Baby Syndrome M8
- Labor & Delivery - Intro and Options M11
- Interventions and Labor M11
- Moving Through Labor M11
- What to Expect M11
- Postpartum M9

### NEWBORN

- Food for Growth: Feeding your baby M8
- Eye Contact Means Love M4
- Infant Temperament M4
- Happiest Baby on the Block M9
- Newborn Milestones M12
- Understanding your Baby's Cry Part 1 M3
- Understanding your Baby's Cry Part 2 M3

### 3 TO 9 MONTHS

- Your Baby's Development M8
- Your Healthy Baby M9
- Ready to Learn M9
- 3-12 Month Milestones M12
- Your Baby Can Sleep M7
- 9-12 Months: Big Changes T1

### 12 TO 24 MONTHS

- 12-15 Month: Growing up T1
- 15-18 Month: Personality T1
- 18-24 Month: Independent T1
- 24-36 Month: Big Kid T1
- Toilet Training M9

### RELATIONSHIPS

- Parent - Child Relationship M6
- Parenting with respect M6
- Learning through Play M6
- Your Unborn Baby's Secret World M3
- Emotionally Healthy Children C
- Parenting with Limits and Love C
- Mom as Gateway C
- The Dad Difference C

### MEDICAL

- CPR Training M6
- Ultrasound: Window to Your Womb M2
- Childhood Immunizations M5
- Pediatric Emergencies M7
- Routine Illnesses M7
- Quality Child Care M6
- Safety in the Home C
- Doctor Dad Workshop C

### ADDITIONAL

- Looking at adoption M8
- Preventing Child Sexual Abuse M8
- Domestic Violence M7
- Smoking: Your Developing Baby M7
- Smoking – I can Quit C