



Available Lessons

Recommended sequential schedule from pregnancy to age one

Prenatal

- Working Towards a Better You
- Contributing to a Healthy Pregnancy
- Changes During Pregnancy
- Medication and Other Substance Use During Pregnancy
- Traditions for Protection and Wellbeing
- Understanding Diabetes and Blood Sugar During Pregnancy
- Baby Proofing and Safety Inside and Outside the Home
- Bedtime Safety
- How to Feed
- How to Diaper
- How to Dress
- Breastfeeding Basics (Before You Begin/Tips)
- How to Bathe
- Before and During Labor
- Time to Push
- Preparing for Safe Travel and Outings
- Understanding Paternity
- Your Family Planning Options
- Planning Ahead
- What to Do if Your Baby is Sick
- What are Immunizations and Why Do We Need Them?
- More about Immunizations
- Parenting Techniques
- Protecting Your Sexual Health
- Learning More about STIs
- Protecting Children from Abuse and Neglect
- Playtime Fun and Learning
- What You and Baby Eat = Your Family's Future
- Oral Health Care for Infants
- Infant Feeding for Mind, Body and Spirit
- I am Me!
- Communication and Building Healthy Relationships
- Re-Think That Drink!
- Skills for Healthy Living Part A
- Be a Healthy Eating Role Model!
- Skills for Healthy Living Part B
- Your Baby's Developing Senses
- Beginning Conversations and Recognizing Voices
- Becoming More Mobile and Developing Fine Motor Skills

Newborn - 1st Birthday

- After Your Baby is Born
- How to Comfort Your Crying Child
- Understanding Reproduction
- How to Protect
- Family Goals and Boundaries that Support Wellbeing
- Understanding Cause and Effect and Separation
- Developing Hand-Eye Coordination
- Development of Memory Skills and Becoming Independent
- Your Child's First Visit to the Dentist!
- Daily Routines for Confident and Effective Parenting Part A
- Your Child's Development: Age 1

After Age 1 (bonus material)

- Daily Routines for Confident and Effective Parenting Part B
- Monitoring Your Toddler's Routine
- Safety for Your Toddler
- Oral Health Care for Your Toddler
- Feeding Your Toddler
- Budgeting for My Family
- Planning for My Family's Future
- Potty Training Your Toddler
- Your Child's Development: Age 2
- The Importance of Exercise
- Communicating with Your Child
- Encouraging Early Learning
- Planning for My Family's Nutrition
- When a New Child Enters the Home
- Your Child's Development: Age 3