

Welcome New Parents to Our EARN WHILE YOU LEARN PROGRAM

This program is specifically designed for young mothers and fathers. We offer classes from trimesters of pregnancy, prenatal care, newborn care, breast-feeding, baby language and many more. Our Fatherhood classes are taught by experienced fathers and our Emergency First Aid & Illness Classes are taught by a registered nurse. With each class you earn points to purchase items for your baby such as cribs, car-seats, highchairs and many more items. All our items are donated and is either new or in slightly used condition. If we do not have an item you are looking for, we can contact you when one is available. There are no qualifications, criteria, or income guidelines.

What Points Can Purchase

Bassinet	3	Diapers (12)	.5
Baby Bath	1	Diaper Bag	.5
Bibs	.25	Front Carrier	2
Blankets	.5	High Chairs	3
Books	.25	Meds	.5
Bottles	.25	Pacifier	.25
Bouncy Seat	2	Powder	.25
Car Seat	6	Quilt	1.5
Clothes	.25-2	Strollers	3
Cream	.25-.5	Swing	3
Crib	16	Shampoo	.25

Main Curriculum

1

The First Trimester	1.1
Prenatal Care	1.2
Eating for Two	1.3
Going It Alone	1.4
Your Developing Baby	1.5

2

Smoking	2.1
Ultrasound-Window to the Womb	2.2
What's Safe, What Isn't	2.3
Bonding with Your Unborn Baby	2.4
Your Changing Body	2.5

3

The Second Trimester	3.1
Understanding Your Baby's Cry (Part 1)	3.2
Your Unborn Baby's Secret World	3.3
Reducing the Risk of SIDS	3.4
Understanding Your Baby's Cry (part 2)	3.5

4

The Third Trimester	4.1
Getting Ready	4.2
Eye Contact Means Love	4.3
Infant Temperament	4.4
The Importance of Bonding	4.5

5

Infant Massage	5.1
The Basics of Newborn care	5.2
Bathing and Sleep	5.3
Caring for Yourself	5.4
The First Years Last Forever	5.5

6

The Parent/Child Relationship	6.1
Safe from the Start (0-5 years)	6.2
Parenting with Respect	6.3
Quality Child Care	6.4
Talk, Play, Music and Reading	6.5

7

Car Seat Safety	7.3
Your Baby Can Sleep	7.4

8

Food for Growth Feeding Your Baby	8.1
Looking at Adoption	8.2
Your Baby's Development	8.3
Preventing Child Sexual Abuse	8.4
Shaken Baby Syndrome (0-3 years)	8.5

9

Postpartum from Pregnant to Parent	9.1
Your Healthy Baby	9.2
Ready to Learn	9.3

10

Goals and Benefits of Breastfeeding	10.1
Techniques and a Good Latch	10.2
Getting Enough Milk	10.3
Growth Spurts and Essentials	10.4
Returning to Work	10.5

11

Introduction and Options	11.1
Interventions and Labor	11.2
Moving Through Labor	11.3
What to Expect	11.4
Infant Care	11.5



Parenting

1

Straight Thinking	P1.1
The 1, 2, 3	P1.2
Real World Application w/an Audience	P1.3
Testing and Manipulation	P1.4
Counting in Action and Conclusion	P1.5

2

7 Tactics for Good Behavior (Part 1)	P2.1
7 Tactics for Good Behavior (Part 2)	P2.2
Specific Applications	P2.3
Family- 10 Strategies for Self-Esteem	P2.4
Building Self-Esteem and the Payoff	P2.5

3

Have a New Kid by Friday: Mon.	P3B.1
Have a New Kid by Friday: Tues.	P3B.2
Have a New Kid by Friday: Wed.	P3B.3
Have a New Kid by Friday: Thur.	P3B.4
Have a New Kid by Friday: Fri.	P3B.5

4

Discovering what Type of Parent You Are	P4.1
Discovering Your Child's Personality Type	P4.2
Overcoming Major Destroyer of Families	P4.3
Providing Loving Support to Your Child	P4.4
Contracts: Setting Limits	P4.5

5

Developing a Close-Knit Family	P5.1
Ten Ways to Motivate Your Child	P5.2
Using the "SALT" Principle	P5.3
The Seeds of Self-Esteem	P5.4
How to Make Your Child Feel Special	P5.5

6

Why Your Child Needs Discipline	P6.1
Irresponsibility Versus Defiance	P6.2
Anger Versus Action	P6.3
Finding Balance in Discipline	P6.4
To Spank or Not to Spank	P6.5

7

Compliant Versus Defiant	P7.1
Changing Discipline with Time	P7.2
Protecting the Spirit	P7.4
The Ultimate Priority	P7.5

8

Parenting with an Eye to the Future	P8.1
Eight Key Aspects of Character	P8.2
Boundaries for Kids & Their Parents	P8.3
Overcoming Obstacles to Boundaries	P8.4
What Will Happen if I Do This?	P8.5

9

Pulling My Own Wagon	P9.1
I Can't Do It All, I'm Not Helpless Either	P9.2
I'm Not the Only One Who Matters	P9.3
Life Beyond "Because I'm the Mommy"	P9.4
Pain Can Be a Gift	P9.5

10

Tantrums Needn't be Forever	P10.1
Be Happier, Be Thankful	P10.2
Jump-Starting My Engine	P10.3
Honest is the Best Policy	P10.4
Roll Up Your Sleeves	P10.5

11

Step-parenting Basics	P11.1
The Role of the Step-parent	P11.2
The First Rule of Love and Logic	P11.3
The Second Rule of Love and Logic	P11.4
The Foundation for Success	P11.5

Toddler

1

9 to 12 Months: Big Changes	T1.1
12 to 15 Months: Growing Up	T1.2
15 to 18 Months: Mr./Ms. Personality	T1.3
18 to 24 Months: Mr./Ms. Independent	T1.4
24 to 36 Months: Big Kid	T1.5

2

Life with a Toddler	T2.1
Tantrums: Attitude Adjustment	T2.2
Tantrums: Battle Plan	T2.3
More Toddler Nutrition	T2.4
Sign with Your Baby	T2.5

3

Whining and Arguing	T3.1
Love and Logic Strategies	T3.2
Bedtime, Mornings, and Potty Training	T3.3
A Sleep Easy Solution	T3.4
The Happiest Toddler	T3.5

Fatherhood

1

REAL Time	PF1.1
Role Models	PF1.2
Respect for Mothers	PF1.3
The Dad Difference (Volume 1)	PF1.4
Being A Leader	PF1.5

2

A Discipline Foundation	PF2.1
Discipline Guidelines	PF2.2
Situational Discipline	PF2.3
Being Consistent	PF2.4
The Dad Difference (Volume 2)	PF2.5

Life Skills

1

It'll Never Happen To Me!	L1.1
The Heart of the Matter	L1.2
Character Matters	L1.4
Making the Commitment	L1.5

2

Money Management 101	L2.1
Basics of Budgeting	L2.2
Checking Accounts	L2.3
Positive Credit (Finances)	L2.4
Saving for the Future	L2.5

3

Apartment Renting 101	L3.1
Roommates- Conflict Resolution	L3.2
Furnishing and Decorating Your Home	L3.3
Housecleaning	L3.4
Time Management for the Parent	L3.5

4

Shopping for a Car	L4.1
Insurance Needs	L4.2
Using a Recipe	L4.3
Surviving at the Checkout	L4.4
Menu Planning	L4.5

5

Gearing Up for the Job Search	L5.1
Where Opportunity Knocks	L5.2
How to Apply for a Job	L5.3
The Interview	L5.4
Working Smartly	L5.5



**Pregnancy
Care Center**
OF PETOSKEY