

# EWYL Main Curriculum Lesson Plan

| <b>Main Curriculum (PREGNANCY TO ONE YEAR)</b> Choose the lessons that make most sense for your client right now. Lessons do not have to be taken in order and can be used to address the most important areas in your client's life. Also, consider looking at the lessons with your client and finding out what they are interested in learning. |  | Order of Lesson | Date Lesson Completed |
|--|--|-----------------|-----------------------|
| 1.1  | Code: PN/FT - PREGNANCY - THE FIRST TRIMESTER Suitable For: Any client in her first trimester.<br>Time Frame: As early as possible in the first trimester.<br><b>*Supplemental Article – Pregnancy Nutrition</b><br>Details healthy weight gain, good nutrition.   |                 |                       |
| 1.2  | Code PN/FT - PRENATAL CARE<br>Suitable For: All clients, especially perfect for teen mothers who don't understand much about pregnancy and who don't think to ask questions of their doctors. It also works with clients who have had other children but is not as informative to them.<br>Time Frame: Ideal before the first doctor visit. Still effective after their first doctor visit but some questions may not apply.<br><b>*Supplemental Article – Pregnancy Nutrition</b><br>Details healthy weight gain, good nutrition. |                 |                       |
| 1.3  | Code PN/AT - EATING FOR TWO<br>Suitable For: All clients.<br>Time Frame: Preferably during the first trimester. However, this lesson is still valuable any time during the pregnancy.<br><b>*Supplemental Article – Pregnancy Nutrition</b><br>Details healthy weight gain, good nutrition.  |                 |                       |
| 1.4  | Code: PN/FT - YOUR ULTRASOUND APPOINTMENT<br>Suitable For: Expectant women who have not had their ultrasound<br>Time Frame: Ideal before the first ultrasound but worthwhile any time during pregnancy.  |                 |                       |
| 1.5  | Code: PN/FT - YOUR DEVELOPING BABY<br>Suitable For: All clients.<br>Time Frame: Anytime during the pregnancy.  |                 |                       |
| 2.1  | Code: PN/AT - YOUR SECOND TRIMESTER<br>Suitable For: All pregnant clients approaching or in their second trimester.<br>Time Frame: This lesson applies any time during the pregnancy but should be used as close to the second trimester as possible.  |                 |                       |

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| 2.2 | <p>Code: PN/AT - EMOTIONS OF PREGNANCY</p> <p>Suitable For: All clients.</p> <p>Time Frame: Best early in pregnancy but can be shown any time before birth.</p>  |  |  |
| 2.3 | <p>Code: PN/FT/ST - WHAT'S SAFE IN PREGNANCY</p> <p>Suitable For: All clients.</p> <p>Time Frame: Ideal early in the pregnancy but effective anytime.</p> <p><b>*Supplemental Article – E-cigarettes (Vaping) (from MotherToBaby)</b><br/>Details how E-cigarettes and vaping can be harmful to developing baby and mother.</p> <p><b>*Supplemental Article – Pot vs. Pregnancy (from World Magazine)</b><br/>Details how recreational pot use during pregnancy can cause long term health issues in children later in life.</p> <p><b>*Supplemental Article – Marijuana (Cannabis) (from MotherToBaby)</b><br/>Details how exposure to marijuana during pregnancy can affect pregnancy and baby long term and its effects on breastfeeding.</p> |  |  |
| 2.4 | <p>Code: PN/ST - BONDING WITH YOUR UNBORN BABY</p> <p>Suitable For: All clients.</p> <p>Time Frame: Early in the second trimester.</p>   |  |  |
| 2.5 | <p>Code: PN/FT/ST - YOUR CHANGING BODY</p> <p>Suitable For: All clients.</p> <p>Time Frame: First trimester or early in the second trimester.</p>  |  |  |
| 3.1 | <p>Code: PN/TT - THE THIRD TRIMESTER</p> <p>Suitable For: All clients.</p> <p>Time Frame: Third trimester.</p> <p><b>*Supplemental Article – Before You Deliver (Adventist Health Hanford)</b><br/>Helpful list of things to do right before Delivery Day</p>  |  |  |
| 3.2 | <p>Code: PN/TT AB/NB - UNDERSTANDING YOUR BABY'S CRY, PART I</p> <p>Suitable For: All clients.</p> <p>Time Frame: Third trimester or early infancy.</p>  |  |  |
| 3.3 | <p>Code PN/ST/TT - YOUR UNBORN BABY'S SECRET WORLD</p> <p>Suitable For: All clients.</p> <p>Time Frame: Ideal after the lesson "Bonding with Your Unborn Baby."</p>  |  |  |
| 3.4 | <p>Code: PN/FT - BIG BELLY MOM HACKS</p> <p>Suitable For: All clients.</p> <p>Time Frame: First trimester</p> <p><b>*Supplemental Article – Pregnancy Week by Week (Mayo Clinic)</b><br/>Helpful List of things to do to get better sleep during pregnancy</p>   |  |  |

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| 3.5 | Code: PN/AB/TT/NB - UNDERSTANDING YOUR BABY'S CRY, PART II<br>Suitable For: All clients.<br>Time Frame: Third trimester or early infancy.  |  |  |
| 4.1 | Code: PN/TT - GETTING READY/NESTING<br>Suitable For: All clients.<br>Time Frame: Ideal in the third trimester but effective anytime.<br><b>*Supplemental Article – Before You Deliver (Adventist Health Hanford)</b><br>Helpful list of things to do right before Delivery Day |  |  |
| 4.2 | Code: PN/TT - GETTING READY<br>Suitable For: All clients.<br>Time Frame: Third trimester.<br><b>*Supplemental Article – Before You Deliver (Adventist Health Hanford)</b><br>Helpful list of things to do right before Delivery Day  |  |  |
| 4.3 | Code: PN/AB/AT - EYE CONTACT MEANS LOVE<br>Suitable For: All clients.<br>Time Frame: Third trimester or anytime during infancy.  |  |  |
| 4.4 | Code: PN/AB/AT - INFANT TEMPERAMENT<br>Suitable For: All clients.<br>Time Frame: Third trimester or anytime during infancy   |  |  |
| 4.5 | Code: PN/TT AB/NB - THE IMPORTANCE OF BONDING<br>Suitable For: All clients.<br>Time Frame: Third trimester or early infancy.   |  |  |
| 5.1 | Code: PN/TT AB/NB - INFANT EXPECTATIONS<br>Suitable For: Any client in her third trimester or soon after birth.<br>Time Frame: Ideal in late third trimester or soon after birth.  |  |  |
| 5.2 | Code: PN/TT/AB/NB - INFANT HYGIENE<br>Suitable For: All clients.<br>Time Frame: Late third trimester or when baby is born.   |  |  |
| 5.3 | Code: PN/TT/AB/NB - SIMPLE INFANT CARE<br>Suitable For: All clients.<br>Time Frame: Late third trimester or soon after birth.  |  |  |
| 5.4 | Code: PN/TT - CARING FOR YOURSELF<br>Suitable For: All clients.<br>Time Frame: Late third trimester, right before due date.  |  |  |

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| 5.5 | <p>Code: AB/AT - POSTPARTUM DEPRESSION<br/>           Suitable For: All clients.<br/>           Time Frame: After the birth of the baby.</p> <p><b>*Supplemental Article – Body Image and Baby Jesus (Risen Motherhood)</b><br/>           Discusses body image in relationship to Jesus and his sacrificial love for us.</p> <p><b>*Supplemental Article – Body Image and The Baby Bump (Risen Motherhood)</b><br/>           Discusses the biblical view of body image and how women look after pg.</p>   |  |  |
| 6.1 | <p>Code: PN/SC - GOING IT ALONE<br/>           Suitable For: Single expectant women not living with or going to marry the father of the baby.<br/>           Time Frame: Best early in the pregnancy but will be effective at any time during pregnancy.</p>  |  |  |
| 6.2 | <p>Code: PN/AT - AT RISK PREGNANCIES<br/>           Suitable For: All client.<br/>           Time Frame: Any time a client may be at risk for health issues in her pregnancy.</p>   |  |  |
| 6.3 | <p>Code: PN/AT - SMOKING/DRINKING/DRUGS AND PREGNANCY<br/>           Suitable For: All pregnant clients.<br/>           Time Frame: During pregnancy</p> <p><b>*Supplemental Article – E-cigarettes (Vaping) (from MotherToBaby)</b><br/>           Details how E-cigarettes and vaping can be harmful to developing baby and mother.</p> <p><b>*Supplemental Article – Pot vs. Pregnancy (from World Magazine)</b><br/>           Details how recreational pot use during pregnancy can cause long term health issues in children later in life.</p> <p><b>*Supplemental Article – Marijuana (Cannabis) (from MotherToBaby)</b><br/>           Details how exposure to marijuana during pregnancy can affect pregnancy and baby long term and its effects on breastfeeding.</p> <p><b>*Supplemental Article - Methamphetamine (from MotherToBaby)</b><br/>           Discusses the harmful affects meth has on pregnancy and unborn child.</p> |  |  |
| 6.4 | <p>Code: AB/AT - SHAKEN BABY SYNDROME<br/>           Suitable For: Any time before or after her baby is born.<br/>           Time Frame: To help client understand what Shaken Baby Syndrome is and to prevent it.</p>  |  |  |
| 6.5 | <p>Code: PN/AT -WHEN YOU HAVE TO DECIDE<br/>           Suitable For: All clients.<br/>           Time Frame: Any time within the pregnancy</p>  |  |  |
| 7.1 | <p>Code: AB/AT - MOMMY WORK<br/>           Suitable For: Any client with an infant or children.</p>   |  |  |

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|     | Time Frame: Anytime.  |  |  |
| 7.2 | Code: AB/AT - BEING A SUPER MOM<br>Suitable For: Any client with an infant or children.<br>Time Frame: Anytime.   |  |  |
| 7.3 | Code: PN-AB/TT-AT - CAR SEAT SAFETY<br>Suitable For: All clients.<br>Time Frame: Third trimester or anytime during the years her child requires a car seat. |  |  |
| 7.4 | Code: PN-AB/9M - MOMMY NUTRITION<br>Suitable For: All clients.<br>Time Frame: When your baby is seven to nine months old                                    |  |  |
| 7.5 | Code: AB/AT - PREVENTING CHILD SEXUAL ABUSE<br>Suitable For: All clients with children of any age.<br>Time Frame: Any time after birth.                     |  |  |
| 8.1 | Code: AB/AT - CHILDHOOD IMMUNIZATIONS<br>Suitable For: All clients.<br>Time Frame: Soon after the birth of the baby.  |  |  |
| 8.2 | Code PN/TT-1Y - SIDS<br>Suitable For: Clients with infants or before birth.<br>Time Frame: Before birth   |  |  |
| 8.3 | Code: AB/NB - NEWBORN SICKNESS<br>Suitable For: All clients.<br>Time Frame: Any time in the first year  |  |  |
| 8.4 | Code: AB/TT-1Y - INFANT CPR<br>Suitable For: All clients with young children<br>Time Frame: Right before birth and beyond                                   |  |  |
| 8.5 | Code: PN/TT - SHAKEN BABY SYNDROME<br>Suitable For: All clients with infants.<br>Time Frame: Any time after birth until three years old                     |  |  |
| 9.1 | Code: AB/NB-1Y - INFANT NUTRITION<br>Suitable For: All clients.<br>Time Frame: Late pregnancy or early infancy.   |  |  |
| 9.2 | Code: AB/NB-1Y - BABY ON THE MOVE<br>Suitable For: All clients.<br>Time Frame: During first year  |  |  |
| 9.3 | Code: AB/NB-1Y - GETTING YOUR BABY TO SLEEP<br>Suitable For: All clients.<br>Time Frame: This lesson applies after birth through child's first year.        |  |  |
| 9.4 | Code: PN/AB/NB - HAPPIEST BABY ON THE BLOCK<br>Suitable For: All clients.   |  |  |

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|      | Time Frame: Late pregnancy or early infancy.  |  |  |
| 9.5  | Code: AB/1Y - QUALITY CHILDCARE<br>Suitable For: All clients.<br>Time Frame: Any time after birth or if your client has other children.   |  |  |
| 10.1 | Code: PN/TT. AB/NB - GOALS AND BENEFITS OF BREASTFEEDING<br>Suitable for: Any client in her third trimester or soon after birth.<br>Time Frame: Ideal in late third trimester or soon after birth.<br><b>*Supplemental Article – Positions for Breastfeeding (Childbirth Graphics)</b><br>Good descriptions of various positions for breastfeeding.<br><b>*Supplemental Article – Making Milk is Easy (Massachusetts Breastfeeding Coalition)</b><br>Brief overview of ideas and suggestions to make a plentiful milk supply. |  |  |
| 10.2 | Code: PN/TT. AB/NB - TECHNIQUES AND A GOOD LATCH<br>Suitable for: All clients.<br>Time Frame: Ideal in late third trimester or soon after birth.<br><b>*Supplemental Article – Baby's Second Night</b><br>Short brochure about comforting baby second night.  |  |  |
| 10.3 | Code: PN/TT. AB/NB - GETTING ENOUGH MILK<br>Suitable for: All clients.<br>Time Frame: Ideal in late third trimester or soon after birth.  |  |  |
| 10.4 | Code: PN/TT. AB/NB - GROWTH SPURTS AND ESSENTIALS<br>Suitable for: All clients.<br>Time Frame: Ideal in late third trimester or soon after birth  |  |  |
| 10.5 | Code: PN/TT. AB/NB - RETURNING TO WORK<br>Suitable for: All clients.<br>Time Frame: Ideal in late third trimester or soon after birth.  |  |  |
| 11.1 | Code: PN/TT - INTRODUCTION AND OPTIONS<br>Suitable for: All clients.<br>Time Frame: Last trimester before giving birth.<br><b>*Supplemental Article – Before You Deliver (Adventist Health Hanford)</b><br>Helpful list of things to do right before Delivery Day   |  |  |
| 11.2 | Code: PN/TT - INTERVENTIONS AND LABOR<br>Suitable for: All clients.<br>Time Frame: Last trimester before giving birth.  |  |  |
| 11.3 | Code: PN/TT - MOVING THROUGH LABOR<br>Suitable for: All clients.<br>Time Frame: Last trimester Code before giving birth.  |  |  |
| 11.4 | Code: PN/TT - WHAT TO EXPECT<br>Suitable for: All clients.<br>Time Frame: Last trimester before giving birth.   |  |  |
| 11.5 | Code: PN/TT - INFANT CARE<br>Suitable for: All clients.<br>Time Frame: Last trimester before giving birth   |  |  |

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| 12.1 | <p>Code: PN/TT - INTRODUCTION TO DEVELOPMENTAL MILESTONES</p> <p>Suitable for: All clients.</p> <p>Time Frame: Last trimester or after giving birth.</p> <p><b>*Supplemental Article – Screen Time and Children’s Health (Includes questions)</b></p> <p><b>*Supplemental Article – Early Childhood Development Milestones – Listing from 2 months to 12 months.</b></p> |  |  |
| 12.2 | <p>Code: PN/TT - NEWBORN MILESTONES</p> <p>Suitable for: All clients.</p> <p>Time Frame: Last trimester or after giving birth.</p> <p><b>*Supplemental Article – Screen Time and Children’s Health (Includes questions)</b></p> <p><b>*Supplemental Article – Early Childhood Development Milestones – Listing from 2 months to 12 months.</b></p>                       |  |  |
| 12.3 | <p>Code: AB/3M- THREE TO SIX MONTH MILESTONES</p> <p>Suitable for: All clients.</p> <p>Time Frame: After birth before your baby is three months old</p> <p><b>*Supplemental Article – Screen Time and Children’s Health (Includes questions)</b></p> <p><b>*Supplemental Article – Early Childhood Development Milestones – Listing from 2 months to 12 months.</b></p>  |  |  |
| 12.4 | <p>Code: AB/6M - SIX TO NINE MONTH MILESTONES</p> <p>Suitable for: All clients.</p> <p>Time Frame: After birth before your baby is six months old.</p> <p><b>*Supplemental Article – Screen Time and Children’s Health (Includes questions)</b></p> <p><b>*Supplemental Article – Early Childhood Development Milestones – Listing from 2 months to 12 months.</b></p>   |  |  |
| 12.5 | <p>Code: AB/9M - TWELVE MONTH MILESTONES</p> <p>Suitable for: All clients.</p> <p>Time Frame: After birth before your baby is twelve months old.</p> <p><b>*Supplemental Article – Screen Time and Children’s Health (Includes questions)</b></p> <p><b>*Supplemental Article – Early Childhood Development Milestones – Listing from 2 months to 12 months.</b></p>     |  |  |