

EWYL Personalized Lesson Plan

Main Curriculum, Page 1		Order of Lesson	Date Lesson Completed
	Getting Acquainted		
1.1	Code: PN/FT PREGNANCY – THE FIRST TRIMESTER Suitable For: Any client in her first trimester. Time Frame: As early as possible in the first trimester.		
1.2	Code: PN/FT – PRENATAL CARE 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. Time Frame: Ideal before the first doctor visit. Still effective after their first doctor visit but some questions may not apply.		
1.3	Code: PN/AT – EATING FOR TWO Suitable For: All clients. Time Frame: Preferably during the first trimester. However, this lesson is still valuable any time during the pregnancy.		
1.4	Code: PN/SC – GOING IT ALONE Suitable For: Single expectant women not living with or going to marry the father of the baby. Time Frame: Best early in the pregnancy but will be effective any time during pregnancy.		
1.5	Code: PN/FT – YOUR DEVELOPING BABY Suitable For: All clients. Time Frame: Any time during the pregnancy.		
2.1	Code: PN/AT – SMOKING Suitable For: All clients who smoke and are pregnant. Time Frame: The earlier, the better, especially if the mother smokes or lives in an environment where others smoke.		
2.2	Code: PN/AT – ULTRASOUND – WINDOW TO THE WOMB Suitable For: All clients. Time Frame: Ideal before the first ultrasound but worthwhile any time during pregnancy.		
2.3	Code: PN/FT/ST – WHAT'S SAFE, WHAT ISN'T Suitable For: All clients. Time Frame: During the first trimester or early second, since much of the development of the baby happens during this time.		
2.4	Code: PN/ST – BONDING WITH YOUR UNBORN BABY Suitable For: All clients. Time Frame: Early in the second trimester.		
2.5	Code: PN/FT/ST – YOUR CHANGING BODY Suitable For: All clients. Time Frame: First trimester or early in the second trimester.		
3.1	Code: PN/ST – THE SECOND TRIMESTER Suitable For: All clients. Time Frame: Second trimester.		
3.2	Code: PN/TT/AB/NB – UNDERSTANDING YOUR BABY'S CRY, PART 1 Suitable For: All clients. Time Frame: Third trimester or early infancy.		

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3.3	Code: PN/ST/TT – YOUR UNBORN BABY’S SECRET WORLD Suitable For: All clients. Time Frame: Ideal after the lesson, “Bonding with Your Unborn Baby”		
3.4	Code: PN/ST REDUCING THE RISK OF SIDS Suitable For: All clients. Time Frame: Third trimester.		
3.5	Code: PN/AB/TT/NB – UNDERSTANDING YOUR BABY’S CRY, PART 2 Suitable For: All clients. Time Frame: Third trimester or early infancy.		
4.1	Code: PN/TT – THE THIRD TRIMESTER Suitable For: Any client in her third trimester. Time Frame: Any time in the third trimester but preferably at the beginning.		
4.2	Code: PN/TT – GETTING READY Suitable For: All clients. Time Frame: Third trimester.		
4.3	Code: PN/AB/AT – EYE CONTACT MEANS LOVE Suitable For: All clients. Time Frame: Third trimester or any time during infancy.		
4.4	Code: PN/AB/AT – INFANT TEMPERAMENT Suitable For: All clients. Time Frame: Third trimester or anytime during infancy		
4.5	Code: PN/TT/AB/NB – THE IMPORTANCE OF BONDING Suitable For: All clients. Time Frame: Third trimester of early infancy.		
5.1	Code: PN/TT/AB – INFANT MASSAGE Suitable For: Any client in her third trimester of soon after birth. Time Frame: Ideal in late third trimester or soon after birth.		
5.2	Code: PN/TT/AB – THE BASICS OF NEWBORN CARE Suitable For: All clients. Time Frame: Late third trimester or when baby is born.		
5.3	Code: PN/TT/AB/NB – BATHING AND SLEEPING Suitable For: All clients. Time Frame: Late third trimester or soon after birth.		
5.4	Code: PN/TT – CARING FOR YOURSELF Suitable For: All clients. Time Frame: Late third trimester, right before due date.		
NOTE	Lesson 9.4 – HAPPIEST BABY ON THE BLOCK, would also be good here. Suitable For: All clients. Time Frame: Late pregnancy or early infancy.		
5.5	Code: AB/AT – CHILDHOOD IMMUNIZATIONS Suitable For: All clients. Time Frame: Soon after the birth of the baby.		
6.1	Code: AB/NB-6M – THE PARENT/CHILD RELATIONSHIP Suitable For: Any client with a baby. Time Frame: Newborn or early infancy.		
6.2	Code: AB/AT – SAFE FROM THE START – CPR TRAINING Suitable For: All clients. Time Frame: Newborn to five years old.		

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Main Curriculum, Page 3		Order of Lesson	Date Lesson Completed
6.3	Code: AB/AT – PARENTING WITH RESPECT Suitable For: All clients. Time Frame: Any time after baby is born.		
6.4	Code: AB/AT – QUALITY CHILD CARE Suitable For: All clients. Time Frame: Any time after baby is born if she has other children.		
6.5	Code: AB/AT – LEARNING THROUGH PLAY Suitable For: All clients. Time Frame: After the birth of the baby or if she has other children.		
7.1	Code: AB/AT – PEDIATRIC EMERGENCIES Suitable For: Any client with an infant or children. Time Frame: Any time after the baby is born.		
7.2	Code: AB/AT – ROUTINE ILLNESS Suitable For: Any client with an infant or children. Time Frame: Any time after the baby is born.		
7.3	Code: PN/AB/TT/AT – CAR SEAT SAFETY Suitable For: All clients. Time Frame: Third trimester or any time during the years her child requires a car seat.		
7.4	Code: PN/AB-9M – YOUR BABY CAN SLEEP Suitable For: All clients. Time Frame: Beginning at seven to nine months.		
7.5	Code: PN/AB – DOMESTIC VIOLENCE Suitable For: All clients. Time Frame: To give your clients an understanding of what Domestic Violence is, how it harms them and their children, and how to get out of a violent relationship.		
8.1	Code: AB/NB – FOOD FOR GROWTH – FEEDING YOUR BABY Suitable For: All clients with an infant. Time Frame: Newborn and early infancy.		
8.2	Code: PN/SC – LOOKING AT ADOPTION Suitable For: Clients who express an interest in adoption. Time Frame: As soon as possible after client expresses interest.		
NOTE	PLEASE REFER TO SPECIAL CIRCUMSTANCES MODULES 2 & 3		
8.3	Code: AB-3M – YOUR BABY'S DEVELOPMENT Suitable For: All clients. Time Frame: Early Infancy.		
8.4	Code: AB/AT – PREVENTING CHILD SEXUAL ABUSE Suitable For: All clients with children of any age. Time Frame: Any time after birth.		
8.5	Code: PN/TT – SHAKEN BABY SYNDROME Suitable For: All clients with infants. Time Frame: Any time after birth until three years old.		
9.1	Code: PN/AB/NB – POSTPARTUM FROM PREGNANT TO PARENT Suitable For: All clients. Time Frame: Late pregnancy or early infancy.		
9.2	Code: PN/AB-3M – YOUR HEALTHY BABY Suitable For: All clients. Time Frame: Late pregnancy or early infancy.		

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9.3	Code: PN/AB/NB – READY TO LEARN Suitable For: All clients. Time Frame: Late pregnancy or early infancy.		
9.4	Code: PN/AB/NB – HAPPIEST BABY ON THE BLOCK Suitable For: All clients. Time Frame: Late pregnancy or early infancy.		
9.5	Code: AB-1Y – TOILET TRAINING Suitable For: All clients. Time Frame: After first year.		
10.1	Code: PN/TT/AB/NB – GOALS AND BENEFITS OF BREASTFEEDING Suitable For: Any client in her third trimester or soon after birth. Time Frame: Ideal in late third trimester or soon after birth.		
10.2	Code: PN/TT/AB/NB – TECHNIQUES AND A GOOD LATCH Suitable For: All clients. Time Frame: Ideal in late third trimester or soon after birth.		
10.3	Code: PN/TT/AB/NB – GETTING ENOUGH MILK Suitable For: All clients. Time Frame: Ideal in late third trimester or soon after birth.		
10.4	Code: PN/TT/AB/NB – GROWTH SPURTS AND ESSENTIALS Suitable For: All clients. Time Frame: Ideal in late third trimester or soon after birth.		
10.5	Code: PN/TT/AB/NB – RETURNING TO WORK Suitable For: All clients. Time Frame: Ideal in late third trimester or soon after birth.		
L&D	LABOR & DELIVERY: LAUGH & LEARN ABOUT CHILDBIRTH Class 1: Anatomy & Preliminary Signs of Labor Suitable For: At least 4 weeks before due date.		
L&D	LABOR & DELIVERY: LAUGH & LEARN ABOUT CHILDBIRTH Class 2: Three Signs of Labor and One Breathing Technique Suitable For: At least 4 weeks before due date.		
L&D	LABOR & DELIVERY: LAUGH & LEARN ABOUT CHILDBIRTH Class 3: Labor and Comfort Measures Suitable For: At least 4 weeks before due date.		
L&D	LABOR & DELIVERY: LAUGH & LEARN ABOUT CHILDBIRTH Class 4: Delivery, Pushing, and Cord Blood Banking (Most counselors skip the cord banking section) Suitable For: At least 4 weeks before due date.		
12.1	Code: PN/TT – INTRODUCTION TO DEVELOPMENTAL MILESTONES Suitable For: All clients. Time Frame: Last trimester or after giving birth.		
12.2	Code: PN/TT – NEWBORN MILESTONES Suitable For: All clients. Time Frame: Last trimester or after giving birth.		
12.3	Code: AB-3M – THREE TO SIX MONTH MILESTONES Suitable For: All clients. Time Frame: After birth before your baby is three months old.		
12.4	Code: AB-6M – SIX TO NINE MONTH MILESTONES Suitable For: All clients. Time Frame: After birth before your baby is six months old.		

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12.5	Code: AB-9M – TWELVE MONTH MILESTONES Suitable For: All clients. Time Frame: After birth before your baby is twelve months old.		
EH	EXTRA HOMEWORK: STAGES OF LABOR Suitable For: Any client who is expecting. Time Frame: Any time before birth.		
EH	EXTRA HOMEWORK: CHILD SAFETY Suitable For: Any client with a baby. Time Frame: Early infancy to toddler.		
EH	EXTRA HOMEWORK: DISCIPLINE FOR BABIES Suitable For: Clients with a baby up to 12 months old. Time Frame: Early infancy to 12 months.		
EH	EXTRA HOMEWORK: JUST FOR FUN Suitable For: Any client with a baby. Time Frame: Pre-birth to toddler.		
EH	EXTRA HOMEWORK: THE PARENT/CHILD RELATIONSHIP Suitable For: Any client with a baby. Time Frame: Any time after baby is born.		
EH	EXTRA HOMEWORK: LIVING TOGETHER – THE TRUTH ABOUT COHABITATION Suitable For: Any client living with significant other, any time. Time Frame: Any time.		