

# EWYL Personalized Lesson Plan

2019 Main Curriculum, Page 1		Order of Lesson	Date Lesson Completed
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 new teen mothers who may not think to ask their doctor important questions. Time Frame: Ideal before the first doctor visit, effective after the 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/FT – YOUR ULTRASOUND APPOINTMENT Suitable For: Expectant women who have not had their ultrasound Time Frame: Ideal before the first ultrasound but worthwhile 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 – YOUR SECOND TRIMESTER Suitable For: All clients approaching or in their second trimester. Time Frame: This lesson applies any time during the pregnancy but should be used as close to the second trimester as possible.		
2.2	Code: PN/AT – EMOTIONS OF PREGNANCY Suitable For: All clients. Time Frame: Best early in pregnancy but can be shown any time before birth.		
2.3	Code: PN/FT/ST – WHAT’S SAFE IN PREGNANCY Suitable For: All clients. Time Frame: Ideal early in the pregnancy but effective any 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 THIRD TRIMESTER Suitable For: All clients. Time Frame: Third 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.		
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/FT BIG BELLY MOM HACKS Suitable For: All clients. Time Frame: First trimester.		

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3.5	Code: PN/AB/TT/NB – UNDERSTANDING YOUR BABY’S CRY, PART 2 Suitable For: All clients. Time Frame: Third trimester but effective any time.		
4.1	Code: PN/TT – GETTING READY/NESTING Suitable For: All clients. Time Frame: Ideal in the third trimester.		
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/NB – INFANT EXPECTATIONS 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/NB – INFANT HYGIENE Suitable For: All clients. Time Frame: Late third trimester or when baby is born.		
5.3	Code: PN/TT/AB/NB – SIMPLE INFANT CARE 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.		
5.5	Code: AB/AT – POSTPARTUM DEPRESSION Suitable For: All clients. Time Frame: Soon after the birth of the baby.		
6.1	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 pregnancy but effective any time.		
6.2	Code: PN/AT – AT RISK PREGNANCIES Suitable For: All clients. Time Frame: Newborn to five years old.		
6.3	Code: PN/AT – SMOKING/DRINKING/DRUGS AND PREGNANCY Suitable For: All pregnant clients. Time Frame: During pregnancy.		
6.4	Code: AB/AT – SHAKEN BABY SYNDROME Suitable For: Explains what Shaken Baby Syndrome is and how to prevent it. Time Frame: Any time before or after her baby is born.		
6.5	Code: AB/AT – WHEN YOU HAVE TO DECIDE Suitable For: All clients. Time Frame: Any time within the pregnancy.		

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2019 Main Curriculum, Page 3		Order of Lesson	Date Lesson Completed
7.1	Code: AB/AT – MOMMY WORK Suitable For: Any client with an infant or children. Time Frame: Any time.		
7.2	Code: AB/AT – BEING A SUPER MOM Suitable For: Any client with an infant or children. Time Frame: Any time.		
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 – MOMMY NUTRITION Suitable For: All clients. Time Frame: Beginning at seven to nine months.		
7.5	Code: AB/AT – PREVENTING CHILD SEXUAL ABUSE Suitable For: All clients with children of any age. Time Frame: Any time after birth.		
8.1	Code: AB/AT – CHILDHOOD IMMUNIZATIONS Suitable For: All clients. Time Frame: Soon after the birth of the baby.		
8.2	Code: PN/TT/1Y - SIDS Suitable For: Clients with infants or before birth. Time Frame: Before birth.		
8.3	Code: AB/NB – NEWBORN SICKNESS Suitable For: All clients. Time Frame: Any time in the first year.		
8.4	Code: AB/AT/1Y – INFANT CPR Suitable For: All clients with young children Time Frame: Right before birth and beyond.		
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: AB/NB INFANT NUTRITION Suitable For: All clients. Time Frame: Late pregnancy or early infancy.		
9.2	Code: PN/AB/1Y – BABY ON THE MOVE Suitable For: All clients. Time Frame: During first year.		
9.3	Code: AB/NB/1Y – GETTING YOUR BABY TO SLEEP Suitable For: All clients. Time Frame: This lesson applies after birth through child's first year.		
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 – QUALITY CHILDCARE Suitable For: All clients. 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 Suitable For: Any client in her third trimester or soon after birth. Time Frame: Ideal in late third trimester or soon after birth.		

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2019 Main Curriculum, Page 4		Order of Lesson	Date Lesson Completed
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.		
11.1	Code: PN/TT – INTRODUCTION AND OPTIONS Suitable For: All clients. Suitable For: Last trimester before giving birth.		
11.2	Code: PN/TT – INTERVENTIONS AND LABOR Suitable For: All clients. Time Frame: Last trimester before giving birth.		
11.3	Code: PN/TT – MOVING THROUGH LABOR Suitable For: All clients. Time Frame: Last trimester before giving birth.		
11.4	Code: PN/TT – WHAT TO EXPECT Suitable For: All clients. Time Frame: Last trimester before giving birth.		
11.5	Code: PN/TT – RETURNING TO WORK Suitable For: All clients. Time Frame: Last trimester before giving birth.		
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-/M – SIX TO NINE MONTH MILESTONES Suitable For: All clients. Time Frame: After birth before your baby is six months old.		
12.5	Code: AB/9M – TWELVE MONTH MILESTONES Suitable For: All clients. Time Frame: After birth before your baby is twelve months old.		