

# EARN WHILE YOU LEARN



EARN WHAT YOUR CHILD NEEDS  
BE THE BEST PARENT YOU CAN BE

Bible Study • Boundaries  
Shame-free Parenting • Love and Respect

## PRENATAL EDUCATION

- 1.1 Pregnancy — The First Trimester
- 1.2 Prenatal Care
- 1.3 Eating for Two
- 1.4 Going It Alone
- 1.5 Your Developing Baby
- 2.1 Smoking While Pregnant
- 2.2 Ultrasound
- 2.3 What's Safe, What Isn't
- 2.4 Bonding with Your Unborn Baby
- 2.5 Your Changing Body
- 3.1 Pregnancy — The Second Trimester
- 3.2 Understanding Your Baby's Cry — Part 1
- 3.3 Your Unborn Baby's Secret World
- 3.4 Reducing the Risk of SIDS
- 3.5 Understanding Your Baby's Cry — Part 2
- 4.1 Pregnancy — The Third Trimester
- 4.2 Getting Ready for Baby
- 4.3 Eye Contact Means Love
- 4.4 Infant Temperament
- 4.5 The Importance of Bonding
- 5.1 Infant Massage
- 5.2 The Basics of Newborn Care
- 5.3 Bathing and Sleep
- 5.4 Caring for Yourself
- 5.5 Childhood Immunizations
- 6.1 The Parent — Child Relationship
- 6.2 CPR Training
- 6.3 Parenting with Respect
- 6.4 Quality Child Care
- 6.5 Learning Through Play
- 7.1 Pediatric Emergencies
- 7.2 Routine Illnesses
- 7.3 Car Seat Safety
- 7.4 Your Baby Can Sleep
- 7.5 Domestic Violence
- 8.1 Food for Growth
- 8.2 Looking at Adoption
- 8.3 Your Baby's Development
- 8.4 Preventing Child Sexual Abuse
- 8.5 Shaken Baby Syndrome

- 9.1 From Pregnant to Parent (More Than Baby Blues)
- 9.2 Your Healthy Baby
- 9.3 Ready to Learn
- 9.4 Happiest Baby on the Block
- 9.5 Toilet Training
- 10.1 Goals and Benefits of Breastfeeding
- 10.2 Techniques and a Good Latch
- 10.3 Getting Enough Milk
- 10.4 Growth Spurts and Essentials
- 10.5 Returning to Work
- 11.1 Introduction and Options (Labor and Delivery)
- 11.2 Interventions and Labor
- 11.3 Moving Through Labor
- 11.4 What to Expect
- 11.5 Infant Care
- 12.1 Introduction to Developmental Milestones
- 12.2 Newborn Milestones
- 12.3 3 to 6 Month Milestones
- 12.4 6 to 9 Month Milestones
- 12.5 12 Month Milestones

## TODDLER EDUCATION

- T1.1 9 to 12 Months: Big Changes
- T1.2 12 to 15 Months: Growing Up
- T1.3 15 to 18 Months: Ms. Personality
- T1.4 18 to 24 Months: Mr. Independent
- T1.5 24 to 36 Months: Big Kid
- T2.1 Life with Toddler
- T2.2 Temper Tantrums
- T2.3 Competing for Attention
- T2.4 More Toddler Nutrition
- T2.5 Sign with Your Baby
- T3.1 The Terrible Twos
- T3.2 The Happiest Toddler
- T3.3 Bedtime Struggles
- T3.4 A Sleepy Solution
- T3.5 Not Listening

## PARENTING EDUCATION

- P1.1 Straight Thinking (Magic 1-2-3)
- P1.2 The 1-2-3 Magic
- P1.3a Real World Application
- P1.3b When There is an Audience
- P1.3c Variations and Getting Started
- P1.4 Testing and Manipulation
- P1.5 Counting in Action and Conclusion
  
- P2.1 Introduction and Review (More 1-2-3 Magic)
- P2.2 Seven Tactics for Good Behavior
- P2.3 Specific Applications
- P2.4 The Family Meeting and 10 Strategies for Self-Esteem
- P2.5 Building Self-Esteem and the Payoff
  
- P3.1 Affirming, Attentive, and Connected (discipline)
- P3.2 Discipline and Consequences
- P3.3 Styles and Roles
- P3.4 Worrier or Visionary?
- P3.5 Leaving a Godly Legacy
  
- P4.1 What Type of Parent Are You? (discipline)
- P4.2 Your Child's Personality Type
- P4.3 The Major Destroyer of Families
- P4.4 Providing Loving Support for Your Child
- P4.5 Contracts — Setting Limits
  
- P5.1 Developing a Close-Knit Family (discipline)
- P5.2 Ten Ways to Motivate Your Child
- P5.3 Using the SALT Principle
- P5.4 The Seeds of Self-Esteem
- P5.5 How to Make Your Child Feel Special
  
- P6.1 Why Your Child Needs Discipline
- P6.2 Irresponsibility vs. Defiance
- P6.3 Anger vs. Action
- P6.4 Finding Balance in Discipline
- P6.5 To Spank or Not to Spank
  
- P7.1 Compliant vs. Defiant (discipline)
- P7.2 Changing Discipline with Time, Part 1
- P7.3 Changing Discipline with Time, Part 2
- P7.4 Protecting the Spirit
- P7.5 The Ultimate Priority

## P8.1 through P10.5 Boundaries with Kids

## LIFE SKILLS

- L1.1 It'll Never Happen to Me (abstinence)
- L1.2 The Heart of the Matter
- L1.3 What Does God Say?
- L1.4 Character Matters
- L1.5 Making the Commitment (to abstinence)
  
- L2.1 Money Management 101
- L2.2 Basics of Budgeting
- L2.3 Checking Accounts
- L2.4 Positive Credit
- L2.5 Saving for the Future
  
- L3.1 Apartment Renting 101
- L3.2 Roommates — Conflict Resolution
- L3.3 Furnishing and Decorating a Home
- L3.4 Housecleaning 101
- L3.5 Time Management for the Parent
  
- L4.1 Shopping for a Car
- L4.2 Insurance Needs
- L4.3 Using a Recipe
- L4.4 Surviving at the Checkout
- L4.5 Menu Planning
  
- L5.1 Gearing Up for the Job Search
- L5.2 Where Opportunity Knocks
- L5.3 How to Apply for a Job
- L5.4 The Interview
- L5.5 Working Smartly

## SPECIAL CIRCUMSTANCES

- S1.1 Child Abuse and Neglect
- S1.2 Fetal Alcohol Syndrome and Drugs in Pregnancy
- S1.3 Crystal Meth
- S1.4 Unborn Addicts
- S1.5 Miscarriage: Footprints on our Hearts
  
- S2.1 Getting Started (Adoption)
- S2.2 Sorting Out Why
- S2.3 What's Important to Me — Digging Deep
- S2.4 Will There Be Pain?
- S2.5 Coming to Terms

- S3.1 My Needs — Coming Up with a Covenant Plan (Adoption)
- S3.2 A New Family
- S3.3 Planning for Birth
- S3.4 How to Say Goodbye — The Blessing Ceremony
- S3.5 Now What? How to Pick Up the Pieces

## TO SCHEDULE A CLASS:

### Show Low Center

928.537.9032

showlow@livinghopecenters.org

### Springerville Center

928.333.0597

springerville@livinghopecenters.org

### Whiteriver Center

928.338.1830

whiteriver@livinghopecenters.org