



What Will You Be Learning?

Here are a few of the topic choices:

- The First Trimester
- Prenatal Care
- Eating for Two
- Going it Alone
- Your Developing Baby
- Smoking While Pregnant
- Window to the Womb
- What's Safe, What Isn't
- Bonding with Your Unborn Baby
- Your Changing Body
- The Second Trimester
- Understanding Your Baby's Cry
- Your Unborn Baby's Secret World
- Reducing Risk of SIDS
- The Third Trimester
- Getting Ready for Baby
- Eye Contact Means Love
- Infant Temperament
- The Importance of Bonding
- Infant Massage
- Newborn Care
- Bathing & Sleeping
- Taking Care of Yourself
- Childhood Immunizations
- CPR Training
- Parent/child Relationship
- The First Years Last Forever
- Parenting with Respect
- Quality Child Care
- Learning Through Play
- Pediatric Emergencies
- Routine Illnesses
- Car Seat Safety
- Your baby can Sleep
- Domestic Violence
- Teaching Limits with Love
- Food for Growth
- Looking at Adoption
- Your Baby's Development
- Toilet Training
- Ready to Learn
- Preventing Child Sexual Abuse
- Shaken Baby Syndrome
- Postpartum, from pregnant to parent
- Your Healthy Baby
- Happiest Baby on the Block
- Goals and Benefits of Breast Feeding
- Getting Enough Milk

- Techniques and A Good Latch
- Growth Spurts and Essentials
- Returning to Work
- L/D Introduction & Options
- L/D Interventions & Labor
- Moving Through Labor
- L/D What to Expect
- Infant Care
- Intro to Developmental Milestones
- Newborn Milestones
- 3-6 Month Milestones
- 6-9 Month Milestones
- 12 Month Milestones
- Life with a Toddler
- 12-15 Months: Temper Tantrums
- 15-18 Months: Competing for Attention
- More Toddler Nutrition
- 9-36 Months: Sign with Your Baby
- The Terrible Twos
- The Happiest Toddler
- Bedtime Struggles
- Sleepy Solutions
- Not Listening
- Practical Fatherhood: Real Time
- Role Models
- Respect for Mothers
- The Dad Difference
- Being a Leader
- A Discipline Foundation

EARN WHILE YOU LEARN

Earn What Your Baby Needs While Learning the Things You Need!



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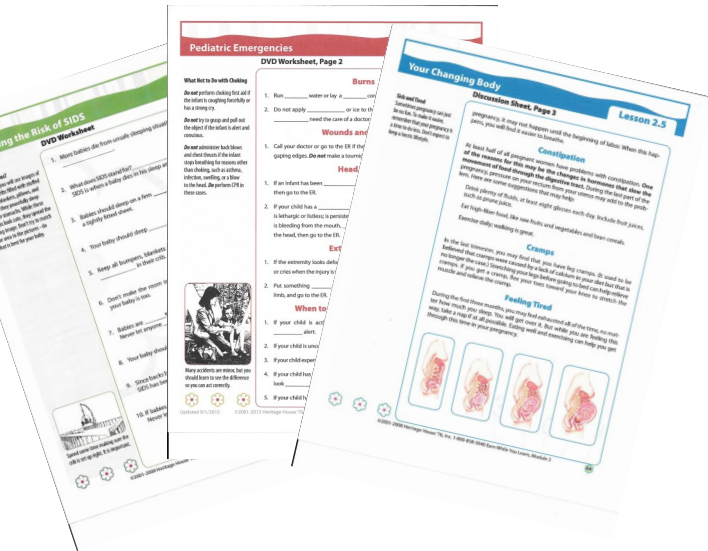
What would you like to LEARN?

Take our one on one sessions on topics **you** are interested in.



What would you like to EARN?

Choose from our boutique of baby clothes, diapers, wipes, etc.



Want to sign up?

Come in to our centre or phone 306-665-7550.

There is no cost or commitment for this program, just the opportunity to learn important information and earn material supplies!

