

| Date | Pregnancy |
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| | 1.1 Pregnancy – The First Trimester |
| | 1.2 Prenatal Care |
| | 1.3 Eating for Two |
| | 1.4 Your Ultrasound Appointment |
| | 1.5 Your Developing Baby |
| | 2.1 Smoking |
| | 6.3 Smoking/alcohol/Drugs and Pregnancy |
| | 2.2 Emotions of Pregnancy |
| | 2.3 What's Safe, What Isn't (for a pregnant woman) |
| | 2.4 Bonding With Your Unborn Baby |
| | 2.5 Your Changing Body |
| | 3.1 Pregnancy - Second Trimester |
| | 3.3 Your Unborn Baby's Secret World |
| | 3.4 Big Belly Mom Hacks |
| | 4.1 Pregnancy - Third Trimester |
| | 4.2 Getting Ready for Baby |
| | 3.5 Breastfeeding |
| | 3.2 Understanding Your Baby's Cry |
| | 5.5 Postpartum Depression |
| | 5.4 Caring for Yourself after Child Birth |

| | Infant Parenting |
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| | 5.1 Infant Expectations |
| | 5.2 Infant Hygiene |
| | 5.3 Simple Infant Care |
| | 4.3 Eye Contact Means Love |
| | 4.4 Infant Temperament |
| | 4.5 Importance of Bonding |
| | 9.4 Happiest Baby on the Block |
| | 6.4 Quality Child Care |
| | 7.1 Mommy Work |
| | 7.2 Being a Super Mom |
| | 7.3 Car Seat Safety |
| | 7.4 Your Baby Can Sleep (from 7 months of age) |
| | 7.5 Preventing Child Sexual Abuse |
| | 8.1 Childhood Immunizations |
| | 8.2 SIDS (Safe Sleep) |
| | 8.3 Newborn Sickness |
| | 8.4 Infant CPR |
| | 8.5 Shaken Baby Syndrome |
| | 9.1 Infant Nutrition |
| | 9.2 Baby on the Move |
| | 9.6 Baby Massage |
| | 9.3 Ready to Learn |
| | 12.1 Developmental Milestones Introduction |
| | 12.2 Newborn Milestones |
| | 12.3 Three to Six Month Milestones |
| | 12.4 Six to Nine Month Milestones |
| | 12.5 12 Month Milestones |
| | Toddler Pack |

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| | T1.1 Mommy Milestones |
| | T1.2 12 to 15 Months Milestones |
| | T1.3 15 to 18 Months Milestones |
| | T1.4 18 to 24 Months Milestones |
| | T1.5 24 to 36 Months Milestones |
| | T2.1 Life with Toddler |
| | 9.5 Toilet Training |
| | T2.2 Tantrums 1: Attitude Adjustment |
| | T2.3 Tantrums 2: Battle Plan |
| | T2.4 Siblings |
| | T2.5 Sign with Your Baby 6 to 36 Months |
| | T3.1 Painless Parenting 1: Whining and Arguing |
| | T3.2 Painless Parenting 2: Love and Logic Strategies |
| | T3.3 Painless Parenting 3: Bedtime, Mornings, and Potty Training |
| | T3.4 Sleepy Solution |
| | T3.5 The Happiest Toddler on the Block |
| | T4.1 Toddler Accidents |
| | T4.2 Toddler Safety |
| | T4.3 Toddler Illness |
| | T4.4 Toddler Nutrition |
| | T4.5 Toddler Oral Health |

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| | Special Circumstances |
| | 6.5 When You Have to Decide |
| | 6.1 Going It Alone |
| | 6.2 At Risk Pregnancies |
| | S1.1 Healing From Abuse |
| | S1.2 Post Abortion Healing |
| | S1.3 Relationship Loss |
| | S1.4 Domestic Violence |
| | S1.5 Pregnancy Loss |
| | S1.6 Parenting the Special Needs Child |

| | Life Skills |
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| | Finances |
| | LS2.1 Fighting the Impulse to Spend |
| | LS2.2 The Monster of Debt |
| | LS2.3 Credit Cards, Friend or Foe? |
| | LS2.4 Financial Emergencies |
| | L2.5 Budgeting 101 |
| | LS3.1 Credit Scores, the Good, the Bad, the Ugly |
| | LS3.2 Buying a Car |
| | LS3.3 Career or Job? Planning for More |
| | LS3.4 Staying out of Debt |
| | LS3.5 Your Financial Future |
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| | Family |
| | LS4.1 Helping Children Process Change |
| | LS4.2 Family Stability Inside Change |
| | LS4.3 Getting Established in a New Area |
| | LS4.4 What is a Family? |
| | LS4.5 Successful Family Living |

| Parenting Pack | |
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| | Essentials of Discipline - Dobson |
| | P6.1 Why Your Child Needs Discipline |
| | P6.2 Irresponsibility vs. Defiance |
| | P6.3 Anger vs. Action |
| | P6.4 Finding Balance in Discipline |
| | P7.1 Compliant vs. Defiant |
| | 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 |
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| | Parenting, The Early Years - Parrott |
| | P3.1 Affirming, Attentive and Connected |
| | P3.2 Discipline and Consequences |
| | P3.3 Styles and Roles |
| | P3.4 Worrier or Visionary? |
| | P3.5 Leaving a Godly Legacy |
| | |
| | Hidden Keys to Successful Parenting - Smalley |
| | P4.1 Discovering What Type of Parent You Are |
| | P4.2 Discovering Your Child's Personality Type |
| | P4.3 Overcoming the Major Destroyer of Families: Closing the Spirit |
| | P4.4 Providing Loving Support to Your Child |
| | P4.5 Contracts: Setting Limits |
| | P5.1 Developing a Close-Knit Family |
| | P5.2 Some Ways to Motivate Your Child |
| | P5.3 Using the 'SALT' Principle |
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| | Self-Esteem |
| | P5.4 The Seeds of Self Esteem |
| | P5.5 Make Your Child Feel Special |

| | Positive Partnerships for Women |
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| | R1W.1 Healthy Boundaries |
| | R1W.2 Cohabitation (Women) |
| | R1W.3 Making the Marriage Choice |
| | R1W.4 Staying Married |
| | R1W.5 Single Parenting |

| | Positive Partnerships for Men |
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| | R1M.1 Healthy Boundaries |
| | R1M.2 Cohabitation (Men) |
| | R1M.3 Making the Marriage Choice |
| | R1M.4 Staying Married |
| | R1M.5 Single Parenting |

| | Practical Fatherhood |
|--|--|
| | PF1.1 REAL Time |
| | PF1.2 Role Models |
| | PF1.3 Respect for Mothers |
| | PF1.4 The Dad Difference, Vol. 1 |
| | PF1.5 Being a Leader |
| | PF2.1 A Discipline Foundation |
| | PF2.2 Discipline Guidelines |
| | PF2.3 Situational Discipline |
| | PF2.4 Being Consistent |
| | PF2.5 The Dad Difference, Vol. 2 Involved from the Start |

| | Bible Study |
|--|---------------------------------------|
| | The Life I Choose |
| | B1.1 What is the Bible? |
| | B1.2 How did We Get the Bible? |
| | B1.3 A Dash Through the Pentateuch |
| | B2.1 A Dash through the New Testament |
| | B3.5 The Gospel of John |