



## Family Spirit Lesson List

The following are all of the lessons in Part I of the **Family Spirit** curriculum (28 weeks gestation through child's 1<sup>st</sup> birthday). Part II (child's 1<sup>st</sup> through 2<sup>nd</sup> birthday) and Part III (child's 2<sup>nd</sup> through 3<sup>rd</sup> birthday) of the curriculum will be available for dissemination in fall 2012.

<b>Prenatal Care Module (10 Lessons)</b>
Contributing to a Healthy Pregnancy
Effects of Substances on a Developing Baby
Changes a Woman Goes Through
Understanding Gestational Diabetes
Baby Proofing and Safety Inside and Outside the Home
Preparing for Safe Travel and Outings
Playtime Fun and Learning
Before and During Labor
Time to Push
Breastfeeding Basics (Before You Begin/Tips)

<b>Infant Care Module (17 Lessons)</b>
After Your Baby is Born
How to Feed
How to Diaper
How to Dress
Bedtime Safety
How to Bathe
How to Comfort Your Crying Child
How to Protect
What to Do if Your Baby is Sick
What are Immunizations and Why Do We Need Them?
More About Immunizations
Parenting Techniques
Protecting Children from Neglect and Abuse
Introducing Solid Foods to Your Baby
Introduction to Oral Health Care
Oral Health Care: Getting a Healthy Start
Your Child's First Visit to the Dentist

<b>My Family and Me Module (10 Lessons)</b>
Feeding Your Toddler and Family
Budgeting for My Family
Planning for My Family's Future
Preventing Substance Abuse
My Health and My Family's Health
Preventing Diabetes and Heart Disease
The Importance of Exercise
Planning Ahead
What are STIs?
Learning More about STIs

<b>Child Development Module (6 Lessons)</b>
Your Baby's Developing Senses
Beginning Conversations and Recognizing Voices
Becoming More Mobile and Developing Fine Motor Skills
Understanding Cause and Effect and Separation
Developing Hand-Eye Coordination
Development of Memory Skills and Becoming Independent

<b>Supplemental Module (5 Lessons)</b>
Goal Setting
Understanding Reproduction
Your Family Planning Options
Understanding Paternity
Communication and Building Healthy Relationships