

# Promise Your Baby

A **5-week** program for women, 21 and under, in their 1st or 2nd trimester  
(must meet income eligibility requirements)

## Clients Receive:

A personalized print-out of fetal developments and maternal changes for each specific week of pregnancy

A challenge to choose healthy food items at the grocery store with up to \$40 in gift certificates rewarded

Healthy dinners at every class

Healthy take-home snacks

A new crib and mattress after completing the course requirements

Weekly weight monitoring

Weekly incentive items (linking rings, baby blankets, baby care items, diapers)

Free transportation, if needed

A layette set from Christ Child Society (\$25 value)

A fully-stocked diaper bag with baby items (\$100 value)

Ask questions "to our team of experts"

Licensed Dietician  
Adoption Specialist  
Labor and Delivery Nurse  
Childbirth Educator  
Child Support Specialist

## Course Content

### Class 1: NUTRITION

What is the major reason for pre-term labor? What does eating for two really mean? How many calories per day do I need while pregnant and breastfeeding? Why am I craving ice?

Now that you are responsible for a developing child, you may need to take a hard look at your own eating habits. Are you addicted to french fries? Do you think a super donut is super nutritious? Is fast food the mainstay of your diet? This class will teach you how to get the necessary nutrients and fluids for a healthy pregnancy. Take stock of your current eating habits by completing daily nutrition diaries and complete extra credit nutrition assignments and receive special prizes. Enjoy a nutritious light dinner and receive take home snacks. The knowledge gained in this class will help you throughout your pregnancy and beyond!

### Class 2: THE NO'S OF PREGNANCY/SIDS EDUCATION

Does caffeine have negative effect on my baby? My friend smoked and had few beers while pregnant and her baby is fine. Do a few cigarettes a day do much damage? My boyfriend smokes but always goes outside. That doesn't affect my baby, does it? I still want to party, go to clubs, and have a good time. What's the harm in that?

You are just months away from becoming a parent. The days of doing what you want, when you want are quickly coming to an end. Being a responsible parent means meeting your baby's needs before your own. Learn the steps you need to take to transition from teenager or young adult to responsible parenthood and how risky behaviors affect your child before he or she is born. Learn ways to reduce the chances of Sudden Infant Death and find out the latest research of SIDS.

### Class 3: PARENTING OPTIONS & SIDS (sudden infant death syndrome)

I sometimes worry how I will provide for my child. Why should I establish paternity if I am not with the father? Can my mom care for my baby if I am too overwhelmed?

Being a young, single parent offers more challenges when thinking about your child's future. Who will help you financially and emotionally to raise your child? Identify agencies that support single parents and discover your options. Ask questions to our experts in the area of Child Support and Adoption.

### Class 4: THE BENEFITS OF BREASTFEEDING

I am not comfortable with the idea of breastfeeding. Why would I do that if formula is available? I have to go back to school. I don't see how breastfeeding would fit into my schedule. I want to have a break from breastfeeding my baby and don't want to be tied down. Why would I breastfeed and be tied down? The people I know who have breastfed had to stop because of the pain. Why do something that is going to hurt?

Research all agrees that breastfeeding is the best food for your baby. Did you know that you make the nourishment exactly formulated to your child's needs? A breastfed baby is smarter, less sick, and has fewer allergies. This means less trips to the emergency room or doctor's office. Since you are the only one who can breastfeed your baby, you immediately form a special bond with your baby that creates a loving relationship of trust and comfort from day one! Learn these and many more benefits of breastfeeding, how to get started, and how to fit it into your busy lifestyle. Hear first-hand from a young mom who has successfully breastfed and ask her how she manages. Remember....breastfeeding should not hurt.

### Class 5: LABOR, DELIVERY, & POST-PARTUM HEALTH

How soon can I get an epidural? I am afraid of labor. What can I do to feel more prepared? Why is labor so painful? All my friends want to be in the delivery room. Is that a good idea?

This is the day you have been waiting for. Many moms-to-be only hear the horror stories of labor, so we want to make sure you get all the facts on how labor starts and how to cope. Your body is designed to birth so work with it! Childbirth educators will describe positive ways to cope during labor and what happens during the various stages of labor. This is an interactive class, so bring your labor partner and be ready to practice techniques and movements. You will receive information on the procedures to get your new crib and mattress and how to sign up for more prenatal and parenting classes.

## Toddlers of Teens



It won't be long and your tiny bundle of joy will be changing into a busy toddler! No need to worry. You can learn all about this exciting phase of development in the Toddlers of Teens Program. If you have completed Nurturing Skills For Teen Parents or if you have a child 12 months to 36 months, this course will give you realistic expectations of the toddler years. You will be paired with an experienced mom who will attend the 10 week course with you and offer individual support over an 8 month period.

Class 1: Emotional Development

Class 2: Physical Development

Class 3: Toddler Nutrition

Class 4: Health & Safety

Class 5: Enjoy a potluck meal (get to know the mentors)

Class 6: Games and Play

Class 7: Discipline Part 1

Class 8: Discipline Part 2

Class 9: Virtues and Values

Class 10: Graduation/Dinner



A **10-week** program for parents, 21 and under with a child 12 to 36 months

In each class you will receive a toddler toy or book and learn how to make toys from everyday items. When you attend at least 9 classes you will receive a toddler table and chair set. At this table, you and your toddler can color, share snacks, and create some of the projects you learned in class.

## Toddlers Are a True Joy

Join this supportive, caring group and learn to enjoy this special time in your child's life. This program offers the support of a caring mentor who will be matched with you at class five. Upon completion of the course, you will have the opportunity to meet with your mentor on a regular basis to further develop your parenting skills and accomplish some of your personal goals. Your mentor is your coach, cheerleader, friend, and guardian angel and wants you to succeed as a young parent. Cherish this relationship and do your part in creating a successful relationship.

## When You Thought I Wasn't Looking...

I saw you hang up my first painting on the refrigerator, and I wanted to paint another one.

I saw you feed a stray cat, and I thought it was good to be kind to animals.

I saw you make my favorite cake for me, and I knew that little things are special things.

I heard you say a prayer, and I believed there is a God I could always talk to.

I felt you kiss me good night, and I felt loved.

I saw that you cared, and I wanted to be everything that I could be.

When you thought I wasn't looking, I LOOKED... and wanted to say thanks for all the things I saw when you thought I wasn't looking.

