

# 2021 EWYL Personalized Lesson Plan

**CODE:** The code is an easy way for you to tailor your lessons to your client. When a client comes in early in her pregnancy, you can give her the lessons in order. However, if a client smokes, you will want to address that first. The lessons are coded so you can see, at a glance, which ones are only applicable at a certain point in pregnancy and which ones are applicable anytime.

The code has two letters, a slash (/) and then two more letters.

Example: PN/FT

The two letters before the / determine if the lesson is applicable before or after birth:

**PN - Pre-Natal**

**AB - After Birth**

The two letters after the / indicate whether the lesson is specific to a certain point in the pregnancy or is applicable anytime. They are as follows:

**SC - Special Circumstances**

**AT - Anytime**

**FT - First Trimester**

**ST - Second Trimester**

**TT - Third Trimester**

**NB - Newborn**

**3M - 0 to 3 Months**

**6M - 4 to 6 Months**

**9M - 7 to 9 Months**

**1Y - First Year and Beyond**



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## Main Curriculum, Page 1

Choose the lessons that make most sense for your client right now. Lessons do not have to be taken in order and can be used to address the most important areas in your client's life. Also, consider looking at the lessons with your client and finding out what they are interested in learning.

		Order of Lesson	Date Lesson Completed
	GETTING ACQUAINTED Available free online at <a href="http://www.ewyloonline.org">www.ewyloonline.org</a> under resources		
1.1	Code: PN/FT - PREGNANCY - THE FIRST TRIMESTER Suitable For: Any client in her first trimester. Time Frame: As early as possible in the first trimester.		
1.2	Code PN/FT - PRENATAL CARE Suitable For: All clients, especially perfect for teen mothers who don't understand much about pregnancy and who don't think to ask questions of their doctors. It also works with clients who have had other children but is not as informative to them. Time Frame: Ideal before the first doctor visit. Still effective after their first doctor visit but some questions may not apply.		
1.3	Code PN/AT - EATING FOR TWO Suitable For: All clients. Time Frame: Preferably during the first trimester. However, this lesson is still valuable any time during the pregnancy.		
1.4	Code: PN/FT - YOUR ULTRASOUND APPOINTMENT Suitable For: Expectant women who have not had their ultrasound Time Frame: Ideal before the first ultrasound but worthwhile any time during pregnancy.		
1.5	Code: PN/FT - FIRST TRIMESTER EXPECTATIONS Suitable For: All clients. Time Frame: As early as possible in the first trimester.		
2.1	Code: PN/AT - YOUR SECOND TRIMESTER Suitable For: All pregnant clients approaching or in their second trimester. Time Frame: This lesson applies any time during the pregnancy but should be used as close to the second trimester as possible.		
2.2	Code: PN/AT - EMOTIONS OF PREGNANCY Suitable For: All clients. Time Frame: Best early in pregnancy but can be shown anytime before birth.		
2.3	Code: PN/FT/ST - WHAT'S SAFE IN PREGNANCY Suitable For: All clients. Time Frame: Ideal early in the pregnancy but effective anytime.		
2.4	Code: PN/ST - BONDING WITH YOUR UNBORN BABY Suitable For: All clients. Time Frame: Early in the second trimester.		
2.5	Code: PN/ST - SECOND TRIMESTER EXPECTATIONS Suitable For: All clients. Time Frame: Early in the second trimester.		



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## Main Curriculum, Page 2

3.1	Code: PN/TT - THE THIRD TRIMESTER Suitable For: All clients. Time Frame: Third trimester.		
3.2	Code: PN/TT - THE FINAL STRETCH Suitable For: All clients. Time Frame: Third trimester.		
3.3	Code: PN/ST/TT - YOUR UNBORN BABY'S SECRET WORLD Suitable For: All clients. Time Frame: Ideal after the lesson "Bonding with Your Unborn Baby"		
3.4	Code: PN/FT - BIG BELLY MOM HACKS Suitable For: All clients. Time Frame: First trimester.		
3.5	Code: PN/TT - THIRD TRIMESTER EXPECTATIONS Suitable For: All clients. Time Frame: Third trimester.		
4.1	Code: PN/TT - GETTING READY/NESTING Suitable For: All clients. Time Frame: Ideal in the third trimester but effective anytime.		
4.2	Code: PN/TT - PREPARING FOR A C-SECTION Suitable For: All clients. Time Frame: Third trimester.		
4.3	Code: PN/AB/AT - EYE CONTACT MEANS LOVE Suitable For: All clients. Time Frame: Third trimester or anytime during infancy.		
4.4	Code: PN/AB/AT - INFANT TEMPERAMENT Suitable For: All clients. Time Frame: Third trimester or anytime during infancy.		
4.5	Code: PN/TT AB/NB - THE IMPORTANCE OF BONDING Suitable For: All clients. Time Frame: Third trimester or early infancy.		
5.1	Code: PN/TT AB/NB - INFANT EXPECTATIONS Suitable For: Any client in her third trimester or soon after birth. Time Frame: Ideal in late third trimester or soon after birth.		
5.2	Code: PN/TT/AB/NB - INFANT HYGIENE Suitable For: All clients. Time Frame: Late third trimester or when baby is born.		
5.3	Code: PN/TT/AB/NB - SIMPLE INFANT CARE Suitable For: All clients. Time Frame: Late third trimester or soon after birth.		
5.4	Code: PN/TT - CARING FOR YOURSELF Suitable For: All clients. Time Frame: Late third trimester, right before due date.		
5.5	Code: AB/AT - POSTPARTUM DEPRESSION Suitable For: All clients. Time Frame: After the birth of the baby.		



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## Main Curriculum, Page 3

6.1	Code: PN/SC - GOING IT ALONE Suitable For: Single expectant women not living with or going to marry the father of the baby. Time Frame: Best early in the pregnancy but will be effective at any time during pregnancy.		
6.2	Code: PN/AT - AT RISK PREGNANCIES Suitable For: All client. Time Frame: Any time a client may be at risk for health issues in her pregnancy.		
6.3	Code: PN/AT - SMOKING/DRINKING/DRUGS AND PREGNANCY Suitable For: All pregnant clients. Time Frame: During pregnancy		
6.4	Code: AB/AT - SHAKEN BABY SYNDROME Suitable For: Any time before or after her baby is born. Time Frame: To help client understand what Shaken Baby Syndrome is and to prevent it.		
6.5	Code: PN/AT - EXPECTING TWINS OR MORE Suitable For: All clients. Time Frame: Any time your client is expecting multiple births.		
7.1	Code: AB/AT - MOMMY WORK Suitable For: Any client with an infant or children. Time Frame: Anytime.		
7.2	Code: AB/AT - BEING A SUPER MOM Suitable For: Any client with an infant or children. Time Frame: Anytime.		
7.3	Code: PN-AB/TT-AT - CAR SEAT SAFETY Suitable For: All clients. Time Frame: Third trimester or anytime during the years her child requires a car seat.		
7.4	Code: PN-AB/9M - MOMMY NUTRITION Suitable For: All clients. Time Frame: When your baby is seven to nine months old.		
7.5	Code: AB/AT - PREVENTING CHILD SEXUAL ABUSE Suitable For: All clients with children of any age. Time Frame: Anytime after birth.		
8.1	Code: AB/AT - CHILDHOOD IMMUNIZATIONS Suitable For: All clients. Time Frame: Soon after the birth of the baby.		
8.2	Code PN/TT-1Y - SIDS Suitable For: Clients with infants or before birth. Time Frame: Before birth.		
8.3	Code: AB/NB - NEWBORN SICKNESS Suitable For: All clients. Time Frame: Any time in the first year.		
8.4	Code: AB/TT-1Y - INFANT CPR Suitable For: All clients with young children Time Frame: Right before birth and beyond		
8.5	Code: PN/TT - SHAKEN BABY SYNDROME Suitable For: All clients with infants. Time Frame: Anytime after birth until three years old.		



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## Main Curriculum, Page 4

9.1	Code: AB/NB-1Y - INFANT NUTRITION Suitable For: All clients. Time Frame: Late pregnancy or early infancy.		
9.2	Code: AB/NB-1Y - BABY ON THE MOVE Suitable For: All clients. Time Frame: During first year		
9.3	Code: AB/NB-1Y - GETTING YOUR BABY TO SLEEP Suitable For: All clients. Time Frame: This lesson applies after birth through child's first year.		
9.4	Code: AB/AT - CRYING Suitable For: All clients. Time Frame: Anytime after birth.		
9.5	Code: AB/1Y - QUALITY CHILDCARE Suitable For: All clients. Time Frame: Anytime after birth or if your client has other children.		
10.1	Code: PN/TT.AB/NB - GOALS AND BENEFITS OF BREASTFEEDING Suitable for: Any client in her third trimester or soon after birth. Time Frame: Ideal in late third trimester or soon after birth.		
10.2	Code: PN/TT.AB/NB - TECHNIQUES AND A GOOD LATCH Suitable for: All clients. Time Frame: Ideal in late third trimester or soon after birth.		
10.3	Code: PN/TT.AB/NB - GETTING ENOUGH MILK Suitable for: All clients. Time Frame: Ideal in late third trimester or soon after birth.		
10.4	Code: PN/TT.AB/NB - GROWTH SPURTS AND ESSENTIALS Suitable for: All clients. Time Frame: Ideal in late third trimester or soon after birth.		
10.5	Code: PN/TT.AB/NB - RETURNING TO WORK Suitable for: All clients. Time Frame: Ideal in late third trimester or soon after birth.		
11.1	Code: PN/TT - LABOR AND DELIVERY GETTING STARTED Suitable for: All clients. Time Frame: Last trimester before giving birth.		
11.2	Code: PN/TT - LABOR AND DELIVERY NATURAL COMFORT MEASURES Suitable for: All clients. Time Frame: Last trimester before giving birth.		
11.3	Code: PN/TT - LABOR AND DELIVERY MEDICAL PAIN RELIEF, INTERVENTIONS Suitable for: All clients. Time Frame: Last trimester before giving birth.		
11.4	Code: PN/TT - TRAINING YOUR BIRTH COACH Suitable for: All clients. Time Frame: Last trimester before giving birth.		
11.5	Code: PN/TT - INFANT EXPECTATIONS Suitable for: All clients. Time Frame: Last trimester before giving birth.		



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## Main Curriculum, Page 5

12.1	Code: PN-AB/TT-NB - UNDERSTANDING YOUR INFANT Suitable for: All clients. Time Frame: Last trimester or after giving birth.		
12.2	Code: PN-AB/TT-NB - INFANT EXPECTATIONS - 0-3 MONTHS Suitable for: All clients. Time Frame: Last trimester or after giving birth.		
12.3	Code: AB/3M- INFANT EXPECTATIONS - 3-6 MONTHS Suitable for: All clients. Time Frame: After birth before your baby is three months old.		
12.4	Code: AB/6M - INFANT EXPECTATIONS - 6-9 MONTHS Suitable for: All clients. Time Frame: After birth before your baby is six months old.		
12.5	Code: AB/9M - INFANT EXPECTATIONS - 9-12 MONTHS Suitable for: All clients. Time Frame: After birth before your baby is twelve months old.		



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## Bible Pack, Page 1

B1.1	Code: PN/AB/AT - WHAT IS THE BIBLE? Suitable For: Any client. Time Frame: Anytime or when client expresses interest in Bible study.		
B1.2	Code: PN/AB/AT - HOW DID WE GET THE BIBLE? Suitable For: Any client. Time Frame: Anytime or when client expresses interest in Bible study.		
B1.3	Code: PN/AB/AT - THE PENTATEUCH Suitable For: Any client. Time Frame: Anytime or when client expresses interest in Bible study.		
B1.4	Code: PN/AB/AT - ISRAEL BECOMES A NATION Suitable For: Any client. Time Frame: Anytime or when client expresses interest in Bible study.		
B1.5	Code: PN/AB/AT - WALKING WITH THE ISRAELITES Suitable For: Any client. Time Frame: Anytime or when client expresses interest in Bible study.		
B2.1	Code: PN/AB/AT - NEW TESTAMENT Suitable For: Any client. Time Frame: Anytime or when client expresses interest in Bible study.		
B2.2	Code: PN/AB/AT - A JOURNEY THROUGH JOHN - CHAPTERS 1 AND 2 Suitable For: Any client. Time Frame: Anytime or when client expresses interest in Bible study.		
B2.3	Code: PN/AB/AT - A JOURNEY THROUGH JOHN - CHAPTERS 3 AND 4 Suitable For: Any client.		
B2.4	Code: PN/AB/AT - A JOURNEY THROUGH JOHN - CHAPTERS 5 AND 6 Suitable For: Any client. Time Frame: Anytime or when client expresses interest in Bible study.		
B2.5	Code: PN/AB/AT - A JOURNEY THROUGH JOHN - CHAPTERS 7 AND 8 Suitable For: Any client. Time Frame: Anytime or when client expresses interest in Bible study.		
B3.1	Code: PN/AB/AT - A JOURNEY THROUGH JOHN - CHAPTERS 9, 10, AND 11 Suitable For: Any client. Time Frame: Anytime or when client expresses interest in Bible study.		
B3.2	Code: PN/AB/AT - A JOURNEY THROUGH JOHN - CHAPTERS 12, 13, AND 14 Suitable For: Any client. Time Frame: Anytime or when client expresses interest in Bible study.		
B3.3	Code: PN/AB/AT - A JOURNEY THROUGH JOHN - CHAPTERS 15, 16, AND 17 Suitable For: Any client. Time Frame: Anytime or when client expresses interest in Bible study.		
B3.4	Code: PN/AB/AT - FINISHING THE JOURNEY THROUGH JOHN - CHAPTERS 18, 19, 20, AND 21 Suitable For: Any client. Time Frame: Anytime or when client expresses interest in Bible study.		
B3.5	Code: PN/AB/AT - THE GOSPEL OF JOHN Suitable For: Any client. Time Frame: Anytime or when client expresses interest in Bible study.		



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## Life Skills, Page 1

L1.1	Code: AT - TAKING CARE OF YOUR HYGIENE Suitable For: Any client. Time Frame: Any time when your client would like information on good hygiene.		
L1.2	Code: AT - SCREEN TIME AND YOU Suitable For: Any client. Time Frame: Any time when your client would like information regarding screen time.		
L1.3	Code: AT - DEPRESSION AND SUICIDE Suitable For: Any client. Time Frame: Any time when your client needs information for understanding depression and suicide.		
L1.4	Code: AT - HOME HEALTH Suitable For: Any client. Time Frame: This lesson helps your client understand basic home maintenance and how it can fit into her lifestyle.		
L1.5	Code: AT - ANGER MANAGEMENT Suitable For: Any client. Time Frame: Any time when your client needs information on a healthy way to manage anger.		
L2.1	Code: PN/AB/AT - FIGHTING THE IMPULSE TO SPEND Suitable For: Any client who needs help with finances. Time Frame: Anytime or when client expresses need for help with money management.		
L2.2	Code: PN/AB/AT - THE MONSTER OF DEBT Suitable For: Any client. Time Frame: Anytime or when client expresses need for help with debt.		
L2.3	Code: PN/AB/AT - CREDIT CARDS, FRIENDS OR FOES Suitable For: Any client. Time Frame: Anytime or when client expresses need for help with a credit.		
L2.4	Code: PN/AB/AT - FINANCIAL EMERGENCIES Suitable For: Any client. Time Frame: Anytime or when client expresses need for help with finances.		
L2.5	Code: PN/AB/AT - BUDGETING 101 Suitable For: Any client. Time Frame: Anytime or when client expresses need for help with finances.		
L3.1	Code: PN/AB/AT - CREDIT SCORES, THE GOOD, THE BAD, THE UGLY Suitable For: Any client. Time Frame: Anytime or when client expresses need for help with finances.		
L3.2	Code: PN/AB/AT - BUYING A CAR Suitable For: Any client. Time Frame: Anytime or when client expresses need for help with finances.		
L3.3	Code: PN/AB/AT - CAREER OR JOB? PLANNING FOR MORE. Suitable For: Any client. Time Frame: Anytime or when client expresses need for help with finances.		
L3.4	Code: PN/AB/AT - STAYING OUT OF DEBT Suitable For: Any client. Time Frame: Anytime or when client expresses need for help with finances.		





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## Life Skills, Page 2

L3.5	Code: PN/AB/AT - YOUR FINANCIAL FUTURE Suitable For: Any client. Time Frame: Anytime or when client expresses need for help with finances.		
L4.1	Code: AB/AT - HELPING CHILDREN PROCESS CHANGE Suitable For: Any client. Time Frame: Anytime or when client expresses interest in the lesson.		
L4.2	Code: AB/AT - FAMILY STABILITY INSIDE CHANGE Suitable For: Any client. Time Frame: Anytime or when client expresses interest in the lesson.		
L4.3	Code: AB/AT - GETTING ESTABLISHED IN A NEW AREA Suitable For: Any client. Time Frame: Anytime or when client expresses interest in the lesson.		
L4.4	Code: AB/AT - WHAT IS A FAMILY? Suitable For: Any client. Time Frame: Anytime or when client expresses interest in the lesson.		
L4.5	Code: AB/AT - SUCCESSFUL FAMILY LIVING Suitable For: Any client. Time Frame: Anytime or when client expresses interest in the lesson.		
L5.1	Code: AT - PREPARING FOR THE JOB - THE HARD TRUTH Suitable For: Any client. Time Frame: Any time a client is building skills for job hunting.		
L5.2	Code: AT - FINDING A JOB Suitable For: Any client. Time Frame: Any time a client is building skills for job hunting.		
L5.3	Code: AT - PREPARING FOR THE INTERVIEW Suitable For: Any client. Time Frame: For any client preparing to go on a job interview.		
L5.4	Code: - AT THE INTERVIEW Suitable For: Any client. Time Frame: For any client preparing to go on a job interview.		
L5.5	Code: AT - SUCCESS AT WORK Suitable For: Any client. Time Frame: For any client preparing to work now or in the future.		



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## Parenting Pack, Page 1

P1.1	Code: AB/1Y - STRAIGHT THINKING Suitable For: Clients with children ages 2-12. Time Frame: Anytime or when client expresses need for disciplinary help with children.		
P1.2	Code: AB/1Y - THE 1-2-3 Suitable For: Clients with children ages 2-12. Time Frame: Anytime or when client expresses need for disciplinary help with children.		
P1.3	Code: AB/1Y – REAL WORLD APPLICATIONS - WHEN THERE IS AN AUDIENCE - VARIATIONS AND GETTING STARTED Suitable For: Clients with children ages 2-12. Time Frame: Anytime or when client expresses need for disciplinary help with children.		
P1.4	Code: AB/1Y - TESTING AND MANIPULATION Suitable For: Clients with children ages 2-12. Time Frame: Anytime or when client expresses need for disciplinary help with children.		
P1.5	Code: AB/1Y - COUNTING IN ACTION AND CONCLUSION Suitable For: Clients with children ages 2-12. Time Frame: Anytime or when client expresses need for disciplinary help with children.		
P2.1	Code: AB/1Y - INTRODUCTION AND REVIEW - SEVEN TACTICS FOR ENCOURAGING GOOD BEHAVIOR Suitable For: Clients with children ages 2-12. Time Frame: Anytime or when client expresses need for disciplinary help with children.		
P2.2	Code: AB/1Y - SEVEN TACTICS FOR ENCOURAGING GOOD BEHAVIOR Suitable For: Clients with children ages 2-12. Time Frame: Anytime or when client expresses need for disciplinary help with children.		
P2.3	Code: AB/1Y - SPECIFIC APPLICATIONS Suitable For: Clients with children ages 2-12. Time Frame: Anytime or when client expresses need for disciplinary help with children.		
P2.4	Code: AB/1Y - THE FAMILY MEETING AND TEN STRATEGIES FOR BUILDING SELF-ESTEEM Suitable For: Clients with children ages 2-12. Time Frame: Anytime or when client expresses need for disciplinary help with children.		
P2.5	Code: AB/1Y - BUILDING SELF-ESTEEM AND THE PAYOFF Suitable For: Clients with children ages 2-12. Time Frame: Anytime or when client expresses need for disciplinary help with children.		
P3.1	Code: AB/1Y - AFFIRMING, ATTENTIVE, AND CONNECTED Suitable For: Clients with children ages 2-12. Time Frame: Anytime or when client expresses need for disciplinary help with children.		
P3.2	Code: AB/1Y - DISCIPLINE AND CONSEQUENCES Suitable For: Clients with children ages 2-12. Time Frame: Anytime or when client expresses need for disciplinary help with children.		
P3.3	Code: AB/1Y - STYLES AND ROLES Suitable For: Clients with children ages 2-12. Time Frame: Anytime or when client expresses need for disciplinary help with children.		
P3.4	Code: AB/1Y - WORRIER OR VISIONARY? Suitable For: Clients with children ages 2-12. Time Frame: Anytime or when client expresses need for disciplinary help with children.		
P3.5	Code: AB/1Y - LEAVING A GODLY LEGACY Suitable For: Clients with children ages 2-12. Time Frame: Anytime or when client expresses need for disciplinary help with children.		



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## Parenting Pack, Page 2

P3B.1	Code: AB/1Y – HAVE A NEW KID BY FRIDAY: MONDAY Suitable For: Any client. Time Frame: Any time baby is between one and three years old.		
P3B.2	Code: AB/1Y – HAVE A NEW KID BY FRIDAY: TUESDAY Suitable For: Any client. Time Frame: Any time baby is between one and three years old.		
P3B.3	Code: AB/1Y – HAVE A NEW KID BY FRIDAY: WEDNESDAY Suitable For: Any client. Time Frame: Any time baby is between one and three years old.		
P3B.4	Code: AB/1Y – HAVE A NEW KID BY FRIDAY: THURSDAY Suitable For: Any client. Time Frame: Any time baby is between one and three years old.		
P3B.5	Code: AB/1Y – HAVE A NEW KID BY FRIDAY: FRIDAY Suitable For: Any client. Time Frame: Any time baby is between one and three years old.		
P4.1	Code: AB/1Y – CREATING MOTIVATION Suitable For: Clients with children ages 2-12. Time Frame: Any time when the child is between two to twelve years old.		
P4.2	Code: AB/1Y – CREATING HONESTY Suitable For: Clients with children ages 2-12. Time Frame: Any time when the child is between two to twelve years old.		
P4.3	Code: AB/1Y – CREATING COURAGE Suitable For: Clients with children ages 2-12. Time Frame: Any time when the child is between two to twelve years old.		
P4.4	Code: AB/1Y – CREATING KINDNESS Suitable For: Clients with children ages 2-12. Time Frame: Any time when the child is between two to twelve years old.		
P4.5	Code: AB/1Y – CREATING CONFIDENCE Suitable For: Clients with children ages 2-12. Time Frame: Any time when the child is between two to twelve years old.		
P5.1	Code: AB/1Y – ADD/ADHD Suitable For: Clients with children ages 2-12. Time Frame: Anytime or when client expresses a concern that their child has ADHD.		
P5.2	Code: AB/1Y – AUTISM Suitable For: Clients with children ages 2-12. Time Frame: When a client is concerned their child has Autism Spectrum Disorder.		
P5.3	Code: AB/1Y – STRONG-WILLED Suitable For: Clients with children ages 2-12. Time Frame: When a client expresses need for disciplinary help with a strong-willed child.		
P5.4	Code: AB/1Y – CHILD ANGER Suitable For: Clients with children ages 2-12. Time Frame: When your client expresses need for parenting help with a child who has anger.		
P5.5	Code: AB/1Y – SEXUAL BEHAVIOR IN CHILDREN Suitable For: Clients with children ages 2-12. Time Frame: Anytime or when client expresses a concern in understanding what is normal sexual behavior in their child.		



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## Parenting Pack, Page 3

P6.1	Code: AB/1Y – WHY YOUR CHILD NEEDS DISCIPLINE Suitable For: Clients with children ages 2-12. Time Frame: Anytime or when client expresses need for disciplinary help with children.		
P6.2	Code: AB/1Y – IRRESPONSIBILITY VS. DEFIANCE Suitable For: Clients with children ages 2-12. Time Frame: Anytime or when client expresses need for disciplinary help with children.		
P6.3	Code: AB/1Y – ANGER VS. ACTION Suitable For: Clients with children ages 2-12. Time Frame: Anytime or when client expresses need for disciplinary help with children.		
P6.4	Code: AB/1Y – FINDING BALANCE IN DISCIPLINE Suitable For: Clients with children ages 2-12. Time Frame: Anytime or when client expresses need for disciplinary help with children.		
P6.5	Code: AB/1Y – TO SPANK OR NOT TO SPANK Suitable For: Clients with children ages 2-12. Time Frame: Anytime or when client expresses need for disciplinary help with children.		
P7.1	Code: AB/1Y – COMPLIANT VS. DEFIANT Suitable For: Clients with children ages 2-12. Time Frame: Anytime or when client expresses need for disciplinary help with children.		
P7.2	Code: AB/1Y – CHANGING DISCIPLINE WITH TIME Suitable For: Clients with children ages 2-12. Time Frame: Anytime or when client expresses need for disciplinary help with children.		
P7.3	Code: AB/1Y – CHANGING DISCIPLINE WITH TIME PART 2 Suitable For: Clients with children ages 2-12. Time Frame: Anytime or when client expresses need for disciplinary help with children.		
P7.4	Code: AB/1Y – PROTECTING THE SPIRIT Suitable For: Clients with children ages 2-12. Time Frame: Anytime or when client expresses need for disciplinary help with children.		
P7.5	Code: AB/1Y – THE ULTIMATE PRIORITY Suitable For: Clients with children ages 2-12. Time Frame: Anytime or when client expresses need for disciplinary help with children.		
P8.1	Code: AB/1Y – Parenting With an Eye To The Future Suitable For: Clients with children ages 2-12. Time Frame: Anytime or when client expresses need for disciplinary help with children.		
P8.2	Code: AB/1Y – Eight Key Aspects of Character Suitable For: Clients with children ages 2-12. Time Frame: Anytime or when client expresses need for disciplinary help with children.		
P8.3	Code: AB/1Y – Boudaries for Kids and Their Parents Suitable For: Clients with children ages 2-12. Time Frame: Anytime or when client expresses need for disciplinary help with children.		
P8.4	Code: AB/1Y – Overcoming Obstacles to Boundaries Suitable For: Clients with children ages 2-12. Time Frame: Anytime or when client expresses need for disciplinary help with children.		
P8.5	Code: AB/1Y – What Will Happen If I Do This? Suitable For: Clients with children ages 2-12. Time Frame: Anytime or when client expresses need for disciplinary help with children.		



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## Parenting Pack, Page 4

P9.1	Code: AB/1Y – Pulling My Own Wagon Suitable For: Clients with children ages 2-12. Time Frame: Anytime or when client expresses need for disciplinary help with children.		
P9.2	Code: AB/1Y – I Can't Do It All, I'm Not Helpless Either Suitable For: Clients with children ages 2-12. Time Frame: Anytime or when client expresses need for disciplinary help with children.		
P9.3	Code: AB/1Y – I'm Not The Only One Who Matters Suitable For: Clients with children ages 2-12. Time Frame: Anytime or when client expresses need for disciplinary help with children.		
P9.4	Code: AB/1Y – Life Beyond "Because I'm the Mommy" Suitable For: Clients with children ages 2-12. Time Frame: Anytime or when client expresses need for disciplinary help with children.		
P9.5	Code: AB/1Y – Pain Can Be A Gift Suitable For: Clients with children ages 2-12. Time Frame: Anytime or when client expresses need for disciplinary help with children.		
P10.1	Code: AB/1Y – Tantrums Needn't Be Forever Suitable For: Clients with children ages 2-12. Time Frame: Anytime or when client expresses need for disciplinary help with children.		
P10.2	Code: AB/1Y – Be Happier, Be Thankful Suitable For: Clients with children ages 2-12. Time Frame: Anytime or when client expresses need for disciplinary help with children.		
P10.3	Code: AB/1Y – Jump-starting My Engine Suitable For: Clients with children ages 2-12. Time Frame: Anytime or when client expresses need for disciplinary help with children.		
P10.4	Code: AB/1Y – Honesty Is The Best Policy Suitable For: Clients with children ages 2-12. Time Frame: Anytime or when client expresses need for disciplinary help with children.		
P10.5	Code: AB/1Y – Roll Up Your Sleeves Suitable For: Clients with children ages 2-12. Time Frame: Anytime or when client expresses need for disciplinary help with children.		
P11.1	Code: AB/AT - STEPPARENTING BASICS Suitable For: Clients with children any age. Time Frame: Anytime a client has taken on a stepparenting role.		
P11.2	Code: AB/AT - THE ROLE OF THE STEPPARENT Suitable For: Clients with children any age. Time Frame: Anytime a client has taken on a stepparenting role.		
P11.3	Code: AB/AT - THE FIRST RULE OF LOVE AND LOGIC Suitable For: Clients with children any age. Time Frame: Anytime a client has taken on a stepparenting role.		
P11.4	Code: AB/AT - THE SECOND RULE OF LOVE AND LOGIC Suitable For: Clients with children any age. Time Frame: Anytime a client has taken on a stepparenting role.		
P11.5	Code: AB/AT - THE FOUNDATION FOR SUCCESS Suitable For: Clients with children any age. Time Frame: Anytime a client has taken on a stepparenting role.		



# 2021 EWYL Personalized Lesson Plan

## Special Circumstances

S1.1	Code: SC - HEALING FROM ABUSE Suitable For: Special Circumstances. Time Frame: Anytime the client's special circumstances apply.		
S1.2	Code: SC - POST ABORTION HEALING Suitable For: Special Circumstances. Time Frame: Anytime the client's special circumstances apply.		
S1.3	Code: SC - RELATIONSHIP LOSS Suitable For: Special Circumstances. Time Frame: Anytime the client's special circumstances apply.		
S1.4	Code: SC - DOMESTIC VIOLENCE Suitable For: All clients. Time Frame: To give your clients an understanding of what Domestic Violence is, how it harms them and their children, and how to get out of a violent relationship.		
S1.5	Code: SC - PREGNANCY LOSS Suitable For: Special Circumstances. Time Frame: Anytime the client's needs help and healing from pregnancy loss.		
S2.1	Code: SC - GETTING STARTED Suitable For: Special Circumstances. Time Frame: As the client moves through the steps of placing her baby for adoption.		
S2.2	Code: SC - SORTING OUT WHY Suitable For: Special Circumstances. Time Frame: As the client moves through the steps of placing her baby for adoption.		
S2.3	Code: SC - WHAT'S IMPORTANT TO ME - DIGGING DEEP Suitable For: Special Circumstances. Time Frame: As the client moves through the steps of placing her baby for adoption.		
S2.4	Code: SC - WILL THERE BE PAIN? Suitable For: Special Circumstances. Time Frame: As the client moves through the steps of placing her baby for adoption.		
S2.5	Code: SC - COMING TO TERMS Suitable For: Special Circumstances. Time Frame: As the client moves through the steps of placing her baby for adoption.		
S3.1	Code: SC - MY NEEDS - COMING UP WITH A COVENANT PLAN Suitable For: Special Circumstances. Time Frame: As the client moves through the steps of placing her baby for adoption.		
S3.2	Code: SC - A NEW FAMILY Suitable For: Special Circumstances. Time Frame: As the client moves through the steps of placing her baby for adoption.		
S3.3	Code: SC - PLANNING FOR BIRTH Suitable For: Special Circumstances. Time Frame: As the client moves through the steps of placing her baby for adoption.		
S3.4	Code: SC - HOW TO SAY GOOD-BYE - THE BLESSING CEREMONY Suitable For: Special Circumstances. Time Frame: As the client moves through the steps of placing her baby for adoption.		
S3.5	Code: SC - NOW WHAT? HOW TO PICK UP THE PIECES Suitable For: Special Circumstances. Time Frame: As the client moves through the steps of placing her baby for adoption.		



# 2021 EWYL Personalized Lesson Plan

## Special Circumstances, Page 2

S4.1	Code: SC - SEX AND YOU Suitable For: Any time or before a client engages in risky sexual behavior. Time Frame: To help a client understand the physical, emotional and spiritual risks of sex outside of an exclusive relationship like marriage.		
S4.2	Code: SC - THE HEART OF THE MATTER Suitable For: Any time or before a client engages in risky sexual behavior. Time Frame: To help a client understand the emotional risks of sex outside of an exclusive relationship like marriage.		
S4.3	Code: SC - STD/STI AVOIDANCE Suitable For: Any time or before a client engages in risky sexual behavior. Time Frame: To help a client understand the physical risks of sex outside of an exclusive relationship like marriage.		
S4.4	Code: SC - CHOOSING MARRIAGE Suitable For: Any time or before a client engages in risky sexual behavior. Time Frame: To help a client understand why sex inside of marriage is the only physically, emotionally, and spiritually safe relationship to have.		
S4.5	Code: SC - MAKING THE COMMITMENT Suitable For: Any time or before a client engages in risky sexual behavior. Time Frame: To help a client understand how to make the commitment to save sex only for marriage.		



# 2021 EWYL Personalized Lesson Plan

## Toddler Pack

T1.1	Code: AB/Y - Mommy Milestones Suitable for: All clients. Time Frame: Any time baby is between 6 and 12 months old.		
T1.2	Code: AB/Y - 12 TO 15 MONTH MILESTONES Suitable for: All clients. Time Frame: Any time baby is between 9 and 15 months old.		
T1.3	Code: AB/1Y - 15 TO 18 MONTH MILESTONES Suitable for: All clients. Time Frame: Any time baby is between 12 and 18 months old.		
T1.4	Code: AB/1Y - 18 TO 24 MONTH MILESTONES Suitable for: All clients. Time Frame: Any time baby is between 15 and 24 months old.		
T1.5	Code: AB/1Y - 24 TO 36 MONTH MILESTONES Suitable for: All clients. Time Frame: Any time baby is between 21 and 36 months old.		
T2.1	Code: AB/1Y – TOILET TRAINING Suitable For: Any Client Time Frame: Applies to clients who have young children who are not yet toilet trained.		
T2.2	Code: AB/1Y – TANTRUMS Suitable For: Any Client Time Frame: Any time when a child is between one and three years old.		
T2.3	Code: AB/1Y – WHINING Suitable For: Any Client Time Frame: Any time baby is between one and three years old.		
T2.4	Code: AB/1Y – SIBLINGS Suitable For: Any Client Time Frame: Any time there are siblings in the family		
T2.5	Code: AB/1Y – SLEEPING, BEDTIMES AND MORNINGS Suitable For: Any Client Time Frame: Anytime a child is between the ages of one and three.		
T3.1	Code: AB/1Y – BONDING WITH YOUR TODDLER Suitable For: Any Client Time Frame: Any time baby is between one and three years old.		
T3.2	Code: AB/1Y – TIME WITH TODDLER Suitable For: Any Client Time Frame: Any time baby is between one and three years old.		
T3.3	Code: AB/1Y – THE IMPORTANCE OF WORDS Suitable For: Any Client Time Frame: Any time baby is between one and three years old.		
T3.4	Code: AB/1Y – I CAN DO IT MYSELF Suitable For: Any Client Time Frame: Any time baby is between nine months and three years old.		
T3.5	Code: AB/1Y – TODDLER PLAY Suitable For: Any Client Time Frame: Any time baby is between one and three years old.		





# 2021 EWYL Personalized Lesson Plan

## Toddler Pack, Page 2

T4.1	Code: AB/1Y - TODDLER ACCIDENTS Suitable For: Any Client Time Frame: Any time baby is between one and three years old.		
T4.2	Code: AB/1Y – TODDLER SAFETY Suitable For: Any Client Time Frame: Any time baby is between one and three years old.		
T4.3	Code: AB/1Y – TODDLER ILLNESS Suitable For: Any Client Time Frame: Any time baby is between one and three years old.		
T4.4	Code: AB/1Y – TODDLER NUTRITION Suitable For: Any Client Time Frame: Any time baby is between nine months and three years old.		
T4.5	Code: AB/1Y – TODDLER ORAL HEALTH Suitable For: Any Client Time Frame: Any time baby is between one and three years old.		



# 2021 EWYL Personalized Lesson Plan

## Positive Partnerships

R1W.1	Code: SC – HEALTHY BOUNDARIES (WOMEN) Suitable For: Any Client Time Frame: Any time		
R1W.2	Code: SC – COHABITATION (WOMEN) Suitable For: All unmarried female clients Time Frame: Any time		
R1W.3	Code: SC – MAKING THE MARRIAGE CHOICE (WOMEN) Suitable For: All unmarried female clients Time Frame: Any time		
R1W.4	Code: SC – STAYING MARRIED (WOMEN) Suitable For: All female clients who are married or will be married. Time Frame: Any time		
R1W.5	Code: SC – SINGLE PARENTING (WOMEN) Suitable For: All unmarried female clients with children or children on the way. Time Frame: Any time		



# 2021 EWYL Personalized Lesson Plan

## Love Lessons by Pam Stenzel

LL1.1	Code: AT – SEX IS AWESOME Suitable For: Any Client Time Frame: Any time		
LL1.2	Code: AT – PREGNANCY IS NOT A DISEASE Suitable For: Any Client Time Frame: Any time		
LL1.3	Code: AT – STIs Suitable For: Any Client Time Frame: Any time		
LL1.4	Code: AT – CHARACTER Suitable For: Any Client Time Frame: Any time		
LL1.5	Code: AT – PORN ETC. Suitable For: Any Client Time Frame: Any time		
LL1.6	Code: AT – YOUR HEART Suitable For: Any Client Time Frame: Any time		
LL1.7	Code: AT – PROTECT YOURSELF Suitable For: Any Client Time Frame: Any time		

