

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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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 from Heritage House online free at www.ewyloonline.com		
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.		
3.1	Code: PN/TT - THE THIRD TRIMESTER Suitable For: All clients. Time Frame: Third trimester.		



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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.		
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.		



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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: AB/1Y- POTTY TRAINING Suitable For: All clients with infants. Time Frame: Anytime after one year.		
9.1	Code: AB/NB-1Y - INFANT NUTRITION Suitable For: All clients Time Frame: Late pregnancy or early infancy.		



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9.2	Code: AB/NB-1Y - BABY ON THE MOVE Suitable For: All clients. Time Frame: During the 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.		
12.1	Code: PN-AB/TT-NB - UNDERSTANDING YOUR INFANT Suitable for: All clients. Time Frame: Last trimester or after giving birth.		



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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.		
8.1	Code: AB/AT - CHILDHOOD IMMUNIZATIONS Suitable For: All clients. Time Frame: Soon after the birth of the baby.		
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.		



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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.		
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.		

