

EARN WHILE YOU LEARN

What You Could Be Learning?

Here are a few of the topic choices:

- ☐ Your First Trimester
- ☐ Prenatal Care
- ☐ Eating for Two
- ☐ Going it Alone
- ☐ Smoking & Alcohol during Pregnancy
- ☐ Your Ultrasound Appt.
- ☐ Emotions of Pregnancy
- ☐ What's Safe in Pregnancy
- ☐ Bonding with Your Unborn Baby
- ☐ Your Second Trimester
- ☐ Unborn Baby's Secret World
- ☐ Shaken Baby Syndrome
- ☐ Your Third Trimester
- ☐ Big Belly Mom Hacks
- ☐ Getting Ready: Nesting
- ☐ Eye Contact Means Love
- ☐ Infant Temperament
- ☐ The Importance of Bonding
- ☐ Preparing for C-section
- ☐ Infant Hygiene
- ☐ Simple Infant Care
- ☐ Taking Care of Yourself
- ☐ Immunizations
- ☐ Infant/child CPR
- ☐ Expecting Twins & More
- ☐ Postpartum Depression
- ☐ Mommy Nutrition
- ☐ Mommy Work
- ☐ Quality Child Care
- ☐ Infant Accidents
- ☐ Newborn Sickness
- ☐ Dunstan Baby Language
- ☐ Car Seat Safety
- ☐ Getting Your Baby to Sleep
- ☐ Crying
- ☐ Being a Super Mom
- ☐ Baby on the Move
- ☐ Infant Nutrition
- ☐ Teething
- ☐ Preventing Child Sexual Abuse
- ☐ Happiest Baby on the Block
- Breastfeeding:**
 - ☐ Goals & Benefits
 - ☐ Successful breastfeeding
 - ☐ Problems & Solutions
 - ☐ Weaning
- Labour/Delivery:**
 - ☐ Getting Ready
 - ☐ Natural Comfort Measures
 - ☐ Medical Pain Relief, Interventions
 - ☐ Training Your Birth Coach

- ☐ 0-3 Month Milestones
- ☐ 3-6 Month Milestones
- ☐ 6-9 Month Milestones
- ☐ 9-12 Month Milestones
- ☐ 12-15 Month Milestones
- ☐ 15-18 Month Milestones
- ☐ 18-24 Month Milestones
- ☐ 24-36 Month Milestones
- ☐ Potty Training
- ☐ Happiest Toddler on the Block
- ☐ Tantrums
- ☐ Toddler Play
- ☐ Toddler Nutrition
- ☐ Getting Your Child to Eat
- ☐ Toddler Oral Health
- ☐ Siblings
- ☐ Strong Willed Child
- ☐ Co-parenting
- ☐ What is a Family?
- ☐ Successful Family Living
- Fatherhood Adventure:**
 - ☐ Care During Pregnancy
 - ☐ Care During Birth
 - ☐ Care Post-Partum
 - ☐ Baby Care Basics
- Being a Father:**
 - ☐ Two Questions
 - ☐ Real Time
 - ☐ Being a Role Model
 - ☐ Being a Leader
 - ☐ Being Consistent
- Practical Fatherhood:**
 - ☐ Respect for Mothers
 - ☐ Discipline Foundation
 - ☐ Discipline Guidelines
 - ☐ Situational Discipline
 - ☐ Loving Discipline
 - ☐ Practical Discipline
- ☐ Pregnancy Loss
- ☐ Relationship Loss
- ☐ Healing from Abuse
- ☐ Post Abortion Healing
- ☐ Domestic Violence
- ☐ Life Skills

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Earn What Your Baby Needs While Learning the Things You Need!



SASKATOON
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YOU LEARN

What would you like to LEARN?

Classes are one on one -
so you pick the topic you are
interested in!

**BrightCourse**



What would you like to EARN?

Choose from our boutique of
new baby clothes, diapers,
wipes, new blankets, etc.



Want to sign up?

Come in to our centre or
Phone / Text: 306-665-7550

There is no cost or
commitment for this program,
just the opportunity to learn
important information and
earn material supplies!



Lessons that Change Lives!