

AIM Pregnancy Center

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Lessons

The First Trimester
Prenatal Care
Eating for Two
Going it Alone
Your Developing Baby
Smoking
Ultrasound – Window to the Womb
What's Safe, What Isn't
Bonding with Your Unborn Baby
Your Changing Body
The Second Trimester
Looking at Adoption
Your Unborn Baby's Secret World
Reducing the Risk of SIDS
Learning to Think
The Parent/Child Relationship
Safe from the Start
Learning to Talk
Quality Child Care
Talk, Play, Music and Reading
The Third Trimester
Getting Ready for Baby
Eye Contact Means Love

Infant Temperament
The Importance of Bonding
Infant Massage
Newborn Care
Crying, Colic and sleep
Caring for Yourself
The First Years Last Forever
Emergency First Aid – Accidents
Emergency First Aid – Illnesses
Car Seat Safety
Your Baby Can Sleep
Discipline – Teaching Limits
Food for Growth
Breast Feeding Your Baby
Your Baby's Development
Preventing Child Sexual Abuse
Shaken Baby Syndrome
Postpartum – Pregnant to Parent
Your Healthy Baby
Ready to Learn
Happiest Baby on the Block
Toilet Training

LIFE SKILLS:

It'll Never Happen to Me!
The Heart of the Matter
What Does God Say?
Character Matters
Making the Commitment
Money Management 101
Basics of Budgeting
Checking Accounts
Positive Credit
Saving for the Future
Apartment Renting 101
Roommates – Conflict Resolution

Furnishing and Decorating at Home
Housecleaning 101
Time Management for the Parent
Shopping for a Car
Insurance Needs
Using a Recipe
Surviving at the Checkout
Menu Planning