

## 16 Week Curriculum

The foundation for all instruction is based on God's Word. Instructors use multiple resources such as videos, prepared materials, practical experience, professional expertise, and personal testimonies. The schedule is distributed on the LEAP Class Agenda Card. LEAP meets once a week with the following set of courses:

### Pre-natal

- Lesson 1 What Now and What Is To Come
- Lesson 2 Healthy Living – Nutrition, Exercise, and Medical Care

### Delivery

- Lesson 3 What To Expect

### Parenting

- Lesson 4 Adjusting To Parenthood
- Lesson 5 Feeding, Scheduling, Wake, and Sleep Patterns
- Lesson 6 Hygiene (Bathing, Diapering, etc.)
- Lesson 7 Illness and Safety
- Lesson 8 Bonding, Affection and Communication
- Lesson 9 Age Appropriate Discipline
- Lesson 10 Coping and Discipline
- Lesson 11 Individuality, Spiritual Growth and Prayer

### Loving Choices

- Lesson 12 What Is Best for Me and My Baby

### Relationships

- Lesson 13 Sexual Integrity
- Lesson 14 Commitment

### Advancement through Education

- Lesson 15 GED, Technical Training, and/or College

### Financial Planning

- Lesson 16 A Budget and Living Within Boundaries