

# Canadian NFP Visit-to-Visit Guideline Facilitators 2021.11.14

P=Pregnancy; I= Infancy; T= Toddler

Packet Title	Facilitator Title	P	I	T	
<b>DOMAIN: MY HEALTH</b>					
How Can I Be Healthier?	Blood Pressure Index	p	i	t	
	Finding Good Websites	p	i	t	
How Can I Stay Healthy	Hand Washing	p	i	t	
	Healthy Habits Make a Difference	p	i	t	
	My Health Practices for Dad	p	i	t	
	My Health Practices	p	i	t	
	PMS		i	t	
How Can I Stay Healthy During Pregnancy?	Baby's Movement Chart	p			
	Chemicals During Pregnancy	p			
	Common Tests During Pregnancy	p			
	Danger Signs of Pregnancy	p			
	Dental Care During Pregnancy	p			
	Exercise During Pregnancy	p			
	Foods to Avoid During Pregnancy	p			
	Infections During Pregnancy	p			
	Posture and Body Mechanics	p			
	Preterm Labour	p			
	Resting and Relaxing During Pregnancy	p			
	Sleep Record	p			
Talking with Your Doctor or Midwife	p				
How Do I Get Ready To Have a Baby?	A New Kid in the House	p			
	Childbirth Classes	p			
	Deciding If It's True or False Labour	p			
	Feelings of a Support Person	p			
	Getting to the Hospital	p			
	Packing for the Hospital	p			
	Readiness for Childbirth	p			
	What is a Support Person?	p			
What About Family Planning and Sex During Pregnancy?	Can I Have Sex While I'm Pregnant?	p			
	Information for Fathers About Sex During Pregnancy	p			
	Is It Time to Have Another Baby?		i	t	
	Is It Time to Have Another Baby (for Dad)?		i	t	
	What About Family Planning and Sex?	Planning My Family	p	i	t
		Planning My Family (for Dad)	p	i	t
		Safe Sex	p	i	t
		Sex: Yes or No	p	i	t
		Sexuality and Family Planning	p	i	t
		Pregnancy Spacing	p	i	t
		Using Birth Control	p	i	t
		What About Sex After Pregnancy?		i	
What is Intimacy?		p	i	t	
What Happens After Baby is Born?		After You Go Home	p		
	Baby Blues	p			
	Dad's Days-Week 1	p			
	Hello-Week 1	p			
	Mom's Memo-Week 1	p			
	Parent's Memo-Week 1	p			
	Postpartum Danger Signs	p			
	What About Sex After Pregnancy?	p			
	What Happens After Baby is Born?	p			
	What Will Baby Look Like?	p			
What Happens To My Body After Baby is Born?	An Emotional Rollercoaster		i		
	Body Image After Pregnancy		i		

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	Exercises After Pregnancy		i	
	Losing the Baby Weight		i	
	Postpartum Danger Signs		i	
	Periods After Pregnancy		i	
<b>What Happens to My Body When I'm Pregnant?</b>	Body Changes As Baby Grows	p		
	Body Image During Pregnancy	p		
	Breast Changes During Pregnancy	p		
	Cleanliness During Pregnancy	p		
	Comfort Measures in 3rd Trimester	p		
	Common Discomforts of Pregnancy	p		
<b>What If Things Don't Go As Planned?</b>	About Gestational Diabetes	p		
	Bed Rest	p		
	Cholestasis of Pregnancy	p		
	Emergency C-section	p		
	High Blood Pressure During Pregnancy	p		
	I Have Gestational Diabetes	p		
	NICU: Neonatal Intensive Care Unit	p		
	Testing for Gestational Diabetes	p		
<b>What Should I Eat During Pregnancy?</b>	Dad's Diet	p	i	t
	Eating Well for Less	p	i	t
<b>What Should I Eat?</b>	First Read the Label	p	i	t
	Mom's Healthy Snacks	p	i	t
	My Diet	p	i	t
	My Eating Patterns - Pregnancy	p		
	My Eating Patterns - Infancy + Toddler		i	t
	Planning Your Diet	p	i	t
	Steps to a Healthier You	p	i	t
	Weight Gain During Pregnancy	p		
	What Should I Eat While Breastfeeding?		i	t
	What Should I Eat While Pregnant?	p		
	<b>What Will Labour and Delivery Be Like?</b>	C-Sections	p	
Common Fears About Labour		p		
Dealing with Labour		p		
Deciding If It's True or False Labour		p		
Pain Relief in Labour		p		
Stages of Labour		p		
Things that Can Happen During Labuor		p		
<b>DOMAIN: MY HOME</b>				
<b>How Can I Keep My Child Safe Outside?</b>	Fall and Winter Safety			t
	Safety Tips for Outdoor Play			t
	Spring and Summer Safety			t
	Traveling with Your Toddler			t
	Water Fun and Safety			t
<b>How Can I Keep My Home Safe?</b>	Bugs Rodents and Other Uninvited Guests	p	i	t
	Cleaning During Pregnancy	p		
	Cleaning House Safely	p	i	t
	Collecting or Hoarding?	p	i	t
	Don't Change the Litter Box	p		
	Have You Crawled Around the House?		i	
	Is My Home Safe for Baby?		i	
	Is My Home Safe for My Toddler?			t
	Lead Poisoning		i	
	Lead Poisoning_Still at Risk			t
	Making Natural Cleaning Products	p	i	t
	What is Hoarding?	p	i	t
<b>How Do I Protect My Baby/Child From Accidents?</b>	Burns		i	t
	Car Seats		i	
	Falls		i	t
	How Safe Are We?		i	t

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	Playing Safely with Dad			t
	Poisoning		i	t
	Preventing Choking		i	t
	Toddling Safely			t
	Watch Me!		i	
	What If An Accident Happens?			t
	What If Baby Gets Hurt?		i	
	Where Does Baby Sleep?		i	
<b>My Neighbourhood</b>	Moving Checklist	p	i	t
	Moving Tips	p	i	t
	Safer Homes and Neighbourhoods Checklist	p	i	t
	Safer Homes and Neighbourhoods Tips	p	i	t
<b>DOMAIN: MY CHILD AND ME</b>				
<b>How Can I Be the Best Parent I Can Be?</b>	A Letter to Daddy			t
	A Letter to Mommy			t
	As A Dad	p		
	As A Mom	p		
	Bad Things Happen: How Can I Help My Baby/Child?		i	t
	Being A Dad		i	t
	Being a Father is Important	p		
	Being a Helpful Partner	p		
	Dad's Days		i	
	Family Meetings		i	
	Family Strengths			t
	Getting to Know Myself (for Dad)		i	
	Getting to Know Myself (for Mom)		i	
	Healthy Male Role Models (for Dad)		i	
	Healthy Male Role Models (for Mom)		i	
	Helping the Men In My Life Support Me		i	
	I Have a New Baby! Now What?		i	
	Infants and Toddlers I Know	p		
	Keeping My Family Happy			t
	Learning to Be a Parent		i	
	My Family Culture			t
	My Role Models		i	
	My Year As a Dad		i	
	My Year As a Mom		i	
	Parenting and Media	p	i	t
	Spending Time with Baby (for Dad)		i	
	Stop! Think. Go.	p	i	
<b>How Can I Keep My Baby/Child Healthy?</b>	Care of First Teeth			t
	Caring for Baby's Teeth		i	
	Dads and Doctors			t
	First Aid and CPR			t
	Healthy Teeth			t
	Getting Ready for a Well-Baby Visit	p	i	
	Keep Baby's Teeth Healthy		i	
	Medicines You Can Give to Baby		i	
	Taking Baby's Temperature		i	
	Taking Your Sick Child to The Doctor			t
	Tips for Talking to the Doctor	p	i	
	Well Child Visits			t
	What Are Newborn Screenings?	p	i	
	What Are Well-Baby Visits?	p	i	
	What Do I Need to Know About Shots for My Baby/Child?	p	i	
	What Should I Know About Giving...Over-The-Counter Med?		i	
	When to Call the Doctor	p	i	
	When Will Baby Get Teeth?		i	
<b>How Can My Baby &amp; I Get</b>	A Safe Place to Sleep		i	

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Enough Sleep? (Infancy)	Dads and Bedtimes			t
	Good Night, Sleep Tight			t
How Can I Teach My Child Good Sleep Habits? (Toddler)	Helping Baby Go To Sleep		i	
	Sleep for Babies & Children		i	
	Sleep for Mom & Dad		i	
	Sleeping Safely		i	
	Stages of Sleep		i	
	When Your Toddler Wakes Up at Night			t
	Why Won't My Baby Sleep?		i	
How Do I Calm My Fussy Baby?	Baby Talk: Learning Your Baby's Language		i	
	Crying Myths		i	
	Crying: How Much Is Too Much?		i	
	Fuss Soothers		i	
	Fussing, Crying & Reflux		i	
	Fussy Baby Detective		i	
	My Baby's Day		i	
	Never Shake a Baby	p	i	
	Pacifiers and Breastfeeding		i	
	Reasons Babies Cry		i	
	Talking to the Doctor About Crying		i	
	Ways to Calm a Crying Baby	p	i	
	What to Do When Nothing Helps		i	
	Who Can Help Me?		i	
	Why Do Babies Cry?	p	i	
Why Use a Pacifier?		i		
How Do I Find Good Childcare?	Asking Family & Friends for Help With Childcare		i	t
	Childcare Planning Worksheet			t
	Childcare Safety			t
	Choosing Childcare for Your Child		i	t
	Dads and Childcare			t
	How Was Your Day, Baby?		i	
	My Child's Day			t
	Supporting Your Sitter		i	t
	Toddler Childcare Checklist			t
How Do I Get Ready to Be a Parent?	Becoming a Dad: Finding Out	p		
	Becoming a Dad: Sharing the News	p		
	Becoming a Dad: Who is Coming	p		
	Becoming a Mom: Finding Out	p		
	Becoming a Mom: Sharing the News	p		
	Becoming a Mom: Who is Coming	p		
	Feelings About Being Pregnant	p		
	Feelings About My Partner's Pregnancy	p		
	Getting Ready For a New Family Member	p		
	Lets's Play Tag	p		
	My Baby and Me	p		
	My Baby and Me for Dad	p		
	Naming My Baby	p		
	Naming My Baby for Dad	p		
	Read to Baby	p		
	Sing to Baby	p		
	When Will I Feel Like a Dad?	p		
	When Will I Feel Like a Mom?	p		
How Do I Make Good Choices About Screen Time, Music, & Books?	Babies & Books		i	t
	Babies & Music		i	t
	Young Children & Screen Time		i	t
	Screen Time Guidelines		i	t
	Your Child's Screen Time		i	t
	Developing a Screen Time Strategy		i	t
How Do I Take Care of My	Babies and Pets	p	i	

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Newborn Baby?	Changing Baby's Diaper	p	i	
	Circumcision	p	i	
	Cord Care	p	i	
	Cradle Cap		i	
	Diaper Rash		i	
	Giving Baby a Bath	p	i	
	Holding Baby	p	i	
	Jaundice	p	i	
	Newborn Senses & Reflexes	p	i	
	Skin-to-Skin Contact - Pregnancy	p		
	Skin-to-Skin Contact - Infancy		i	
	Sleeping Safely	p	i	
	What Should Baby Wear?	p	i	
	What Will Baby Look Like?	p	i	
How Do I Teach My Child to Behave?	Helping My Child Act in Positive Ways			t
	Keys for Responding to Challenging Behaviour			t
	Let's Practice			t
	Stop Think Go			t
	Teaching Toddlers About Limits			t
	Temper Tantrums			t
	Thinking About Discipline			t
	Why Toddlers Act the Way They Do			t
How Do I Teach My Child to Use the Toilet?	Are YOU Ready for Toilet Learning?			t
	Don't Rush Me			t
	Easy Steps to Toilet Learning			t
How Do I Use Baby Toys & Gear Safely	Choosing a Car Seat		i	
	Crib Safety Checklist		i	
	Is a Used Car Seat Safe?		i	
	Is This Toy Right for Baby?		i	
	Is This Toy Safe?		i	
	Make Your Own Toys		i	
	Safe Baby Gear		i	
How Do Things Like Smoking, Alcohol, Drugs, & Caffeine Affect My Baby/Child?	Alcohol Use During Pregnancy	p		
	Caffeine Use During Pregnancy	p		
	Congratulations You Quit Smoking	p	i	t
	Drug Use During Pregnancy	p		
	Facts About Second-Hand Smoke	p	i	t
How Do Smoking & Alcohol Affect My Baby?	Facts and Myths About Alcohol	p	i	t
	Facts and Myths About Marijuana	p	i	t
	I Breathe What Others Puff	p	i	t
	Keep Your Baby Smoke Free	p	i	t
	Marijuana & Pregnancy	p		
	Smoking By Me or Others	p	i	t
	Tips for Not Smoking	p	i	t
	To Slip and Smoke Doesn't Mean You've Failed	p	i	t
	If I Quit	p	i	t
	Tobacco Use During Pregnancy	p		
	Topics I Would Like to Discuss	p	i	t
How Is My Baby/Child Changing & Growing?	As Baby Grows	p		
	Baby's Brain: Under Construction		i	
	Baby's First...		i	
	Boys and Girls - Learning About Me			t
	Building Baby's Brain	p		
	Don't Leave Me!			t
	Getting Dressed			t
	I Do, You Do		i	
	I See You!		i	
	Make Me Happy and Bright		i	
	My Growing Baby		i	

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	Sometimes I'm Scared of Strangers			t
	Ultrasound: Baby's 1st Showing	p		
What Do I Need For a New Baby?	Baby Needs Checklist	p	i	
	Budgeting for Baby	p	i	
	Choosing a Car Seat	p	i	
	Crib Safety Checklist	p	i	
	Is a Used Car Seat Safe?	p	i	
	Saving Money On Things for Baby	p	i	
How Do Toddlers Like to Play?	How Toddlers Have Fun			t
	Let's Stay Home and Play			t
	Play Time with Daddy			t
	Playing - It's Your Toddler's Job			t
	Turn On Some Tunes			t
What If My Baby/Child Has Health Problems?	Baby's/Child's Care Notebook		i	t
	Baby's/Child's Health Care Team		i	t
	Common Questions		i	t
	Family Leadership		i	t
	Finding Resources and Support		i	t
	My Coping Strategies		i	t
What If My Baby Is Born Too Early?	My Special Baby/Child		i	t
	At Home With My Premature Baby		i	
	Can I Breastfeed My Premature Baby?		i	
	Feeding My Premature Baby		i	
	Getting Some Sleep		i	
	Growth & Development of Premature Babies		i	
	Health Problems of Premature Babies		i	
	How Can I Avoid Another Premature Baby?		i	
	How Much Did Baby Eat?		i	
	NICU: Getting Ready to Go Home		i	
	NICU: How Can I Take Care of My Baby?		i	
	NICU: How Can I Take Care of Myself?		i	
	NICU: What Is All This?		i	
	Why Did This Happen?		i	
What Should I Feed My Baby? Breastfeeding	Benefits of Breastfeeding	p	i	t
	Breastfeeding & Alcohol		i	t
	Breastfeeding & Caffeine		i	t
	Breastfeeding & Smoking		i	t
	Breastfeeding in Public		i	t
	Grandma Wants to Know	p	i	t
	Do I Need a Breast Pump?		i	t
	How Can I Help With Breastfeeding (for Dad)?		i	t
	How to Breastfeed	p	i	t
	How to Store Expressed Breastmilk		i	t
	Marijuana and Other Drug Use While Breastfeeding		i	t
	My Family and Breastfeeding	p	i	t
	Note to My Labour and Delivery Nurse	p		
	Ouch! Pain and Breastfeeding		i	t
	Talking About Breastfeeding with My Partner	p	i	
	The Real Facts About Breastfeeding	p	i	t
	Using a Breast Pump		i	t
	What About Sex and Breastfeeding?		i	t
	What Should I Eat While Breastfeeding?		i	t
	What Should I Feed My Baby? 0-6 months	Diet Recall for Baby		i
Food for Baby's First Year			i	
Giving Baby Water			i	
Guide to Infant Feeding			i	
What Should I Feed My Baby? 6-12 months	Baby Food: Store-Bought & Homemade		i	
	Developmental Stages in Infant and Toddler Feeding		i	

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	Finger Foods		i	
	First Table Foods		i	
	Food for Baby's First Year		i	
	Guide to Infant Feeding		i	
	I Want to Feed Myself		i	
	Introducing Solids		i	
	Introducing Solids to Your 6- to 12-month old		i	
	Introducing Table Foods		i	
<b>What Should I Feed My Baby? Formula Feeding</b>	Can I Feed My Baby Both Breastmilk & Formula?	p	i	
	Choosing a Bottle & Nipple	p	i	
	How to Formula Feed	p	i	
<b>What Should I Feed My Child?</b>	Feeding Your Toddler			t
	Frequently Asked Questions			t
	How Can I Help Feed My Child (For Dad)?			t
	Learning to Drink from a Cup			t
	Making a Mess-But Making Progress!			t
	Mealtime Routines			t
	Unsafe Foods for Toddlers			t
<b>What's New &amp; What's Next</b>	What's New & What's Next: Month 1		i	
	What's New & What's Next: Month 2		i	
	What's New & What's Next: Month 3		i	
	What's New & What's Next: Month 4		i	
	What's New & What's Next: Month 5		i	
	What's New & What's Next: Month 6		i	
	What's New & What's Next: Month 7		i	
	What's New & What's Next: Month 8		i	
	What's New & What's Next: Month 9		i	
	What's New & What's Next: Month 10		i	
	What's New & What's Next: Month 11		i	
	What's New & What's Next: Month 12		i	
	What's New & What's Next: Month 12 (version 2)		i	
	What's New & What's Next: Month 13			t
	What's New & What's Next: Month 14			t
	What's New & What's Next: Month 15			t
	What's New & What's Next: Month 16			t
	What's New & What's Next: Month 17			t
	What's New & What's Next: Month 18			t
	What's New & What's Next: Month 19			t
	What's New & What's Next: Month 20			t
	What's New & What's Next: Month 21			t
	What's New & What's Next: Month 22			t
	What's New & What's Next: Month 23			t
	What's New & What's Next: Month 24			t
	What's New & What's Next: Month 21			t
	What's New & What's Next: Month 22			t
	What's New & What's Next: Month 23			t
	What's New & What's Next: Month 24			t
	<b>DOMAIN: MY FAMILY &amp; FRIENDS</b>			
<b>How Can I Communicate Better With Others - Module 1</b>	Lesson 1: Listen to Me	p		
	Lesson 2: Barriers to Listening	p		
	Lesson 3: Listening to Understand	p		
	Lesson 4: Questions Help Us Listen	p		
	Lesson 5: Thank You For Listening	p		
	Lesson 6: Listening Can Be Hard	p		
<b>How Can I Communicate Better With Others - Module 2</b>	Lesson 1: Why Talk About Critical Thinking?		i	
	Lesson 2: The First Step Is To Admit You Have a Problem		i	
	Lesson 3: Brainstorming		i	

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	Lesson 4: Is That a Fact?		i	
	Lesson 5: Can You See It?		i	
	Lesson 6: Choices Are Hard		i	
	Lesson 7: I've Made a Choice		i	
	Lesson 8: Six Steps to Solving Your Problems		i	
<b>How Can I Communicate Better With Others - Module 3</b>	Barriers to Listening			t
	Building Negotiation Skills			t
	Choices Are Hard			t
	Team Work			t
<b>How Can I Get Along With My Family &amp; Friends</b>	Arguing: Fair & Unfair		i	t
	Talking About My Feelings		i	t
	The Best Way to Argue		i	t
	What is an Argument?		i	t
<b>How Can I Protect My Baby and Myself?</b>	Getting a Protection Order	p	i	t
	Safety & Alcohol or Drug Use	p	i	t
	Safety & Social Networking	p	i	t
	Safety & My Emotional Health	p	i	t
	Safety at Work and School	p	i	t
	Safety During a Violent Event	p	i	t
	Safety for My Child		i	t
	Safety in My Neighbourhood	p	i	t
	Safety in a New Place	p	i	t
	Safety in a Rural Area	p	i	t
	Safety on the Internet	p	i	t
	Safety When Leaving an Abusive Partner	p	i	t
	Safety With a Protection Order	p	i	t
<b>How Can I Find Support and Services?</b>	Asking Family & Friends for Help With Childcare	p	i	t
	Baby's/Toddler's Family Tree	p	i	t
	Continuum of Caring Wheel	p	i	t
	Life History Calendar	p	i	t
	My Culture Choice Sheet	p	i	t
	My Support	p	i	t
	What Happens Next?	p	i	t
	Who Supports Me?	p	i	t
	Who to Call?	p	i	t
<b>Risk Assessment (Intimate Partner Violence)</b>	Risk Assessment: Danger Assessment Calendar	p	i	t
	Risk Assessment: Danger Assessment Tool	p	i	t
	Risk Assessment: My Safety Options	p	i	t
	Risk Assessment: My Personal Safety Plan	p	i	t
<b>What If Someone Is Hurting Me?</b>	Children & Intimate Partner Violence	p	i	t
	Drugs & Violence: What's the Connection?	p	i	t
	Equality Wheel	p	i	t
	Exposure to Violence & Your Baby's Developing Brain	p	i	t
	Imagine	p	i	t
	My Wheel for Life	p	i	t
	Power & Control Wheel	p	i	t
	Power & Control Wheel - Childbearing Year	p	i	t
	Power & Control Wheel - Women's Substance Abuse	p	i	t
	Relationship Red Flags	p	i	t
	Sticks & Stones	p	i	t
Verbal Abuse Hurts	p	i	t	
<b>DOMAIN: MY LIFE</b>				
<b>Getting Ready to Say Goodbye</b>	Celebrating Our Time Together			t
	Graduation and Beyond			t
	Learning How to Have Good Goodbyes			t
	Making Our Goodbye Special			t
	Planning Baby's Birthday			t
	When Saying Goodbye is Difficult			t
<b>Grief and Loss</b>	How To Cope	p	i	t

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	Loss Of My Baby/Child	p	i	t
	Miscarriage	p	i	t
	My Grief, My Partner's Grief	p	i	t
	Remembering My Loss	p	i	t
	Stages of Grief	p	i	t
	Stillbirth	p		
<b>Goal Setting</b>	Client Goal: Long-term	p	i	t
	Client Goal: Long-term Nurse	p	i	t
	Client Goal: Short-term	p	i	t
	Client Goal: Short-term Nurse	p	i	t
	Focus On My Strengths: Pregnancy/Infancy/Toddler	p	i	t
	Imagine....	p	i	t
	Imagining My Life	p	i	t
	Importance Game	p	i	t
	Let's Talk About Goals	p	i	t
	Life History Calendar	p	i	t
	Making Changes in My Life	p	i	t
	Making Good Choices	p	i	t
	My Dreams	p	i	t
	My Goal_Clouds	p	i	t
	My Goal_Clouds2	p	i	t
	My Goal_Map	p	i	t
	My Goal_Train	p	i	t
	Our Dreams	p	i	t
	Potholes that Block My Path	p	i	t
	Shopping at the Values Store	p	i	t
What I Do and How I Feel	p	i	t	
Why Some Goals Don't Work for Me	p	i	t	
<b>How Can I Find Time for Everything I Need to Do?</b>	Dad & Baby's Typical Day		i	t
	Family Do More - Family Do Less		i	t
	Father Do More - Father Do Less		i	t
	How Do You Spend Your Time?		i	t
	How Well Do You Manage Your Time?		i	t
	Make a To-Do List		i	t
	Managing Your Time		i	t
	Mother & Baby's Typical Day		i	t
	Mother Do More - Mother Do Less		i	t
<b>How Can I Pay For the Things I Want and Need?</b>	Do I Need it of Just Want It?	p	i	t
	If Using Credit Cards	p		
	I Can't Wait To Get My Tax Refund	p	i	t
	Money Management	p	i	t
	Money-Saving Ideas	p	i	t
	Using Credit Wisely	p	i	t
	Where Is My Money Going?	p	i	t
<b>How Can I Solve Problems In My Life?</b>	Anger and Problem Solving		i	t
	Dads and Problem Solving		i	t
	Making Good Choices When I'm Upset		i	t
	My Problem-Solving Style		i	t
	On-line Safety		i	t
	Six Steps to Solving Your Problems		i	t
	Why Vote?		i	t
<b>How Can I Stay Mentally Healthy?</b>	Breathe Those Thoughts Away	p	i	t
	Does Your Mind Mind You?	p	i	t
	Exercise Goes Everywhere With Me	p	i	t
	My Emergency Plan	p	i	t
	My Parachute	p	i	t
	My Song	p	i	t
<b>How Do I Get a Job?</b>	Dressing for an Interview			t
	How To Keep a Job			t

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	Job Interview Tips			t
	Looking for a Job			t
	My Job Skills			t
	Resume Tips			t
	Thinking About Going Back to School?			t
	Thinking About a Job			t
<b>How Has My Life Changed Since Baby Was Born?</b>	Thinking About My Life		i	t
<b>How Much Time Will I Spend Taking Care of Baby?</b>	Family Do More - Family Do Less	p		
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