

## Let the Children Come...

If you are expecting a baby or you have an infant, then this series will help you and your family get off on the right foot. Topics include: Establishing a biblical mindset for parenting. What causes an infant to become insecure? Understanding your infant's biological clock. The when, how and why of breast and bottle feeding. Why is routine part of God's universal order? What is Parent-Directed Feeding? The role of Dad in infant parenting. Why babies can sleep through the night in eight weeks. Understanding your baby's cry... and much more.

The infant management concepts presented in this series have found favour with over two million parents and twice as many contented babies. Based on the premise that God is orderly in all of his workings, **Along The Infant Way** brings hope to the tired and bewildered parents looking for an alternative to sleepless nights and fussy babies.

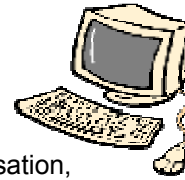
### About the Ezzos

*Gary Ezzo serves as the Executive Director of Growing Families International. He graduated from Talbot Theological Seminary and served ten years as Pastor to Family Ministries in Sun Valley, California. Anne Marie Ezzo has a background in pediatric nursing and is a childbirth instructor. She is a co-founder of Christian Childbirth Education and co-author of Birth by Design.*

Gary & Anne Marie have six grandchildren and reside in Mt Pleasant, South Carolina.



For more information visit the Growing Families Australia website at... [www.gfi.org.au](http://www.gfi.org.au)



This site explains the history and goals of the Growing Families organisation, news and resources available, with on-line ordering. Contact the GFA representative in your state via the website or phone the National Office for number.

### Growing Families Australia

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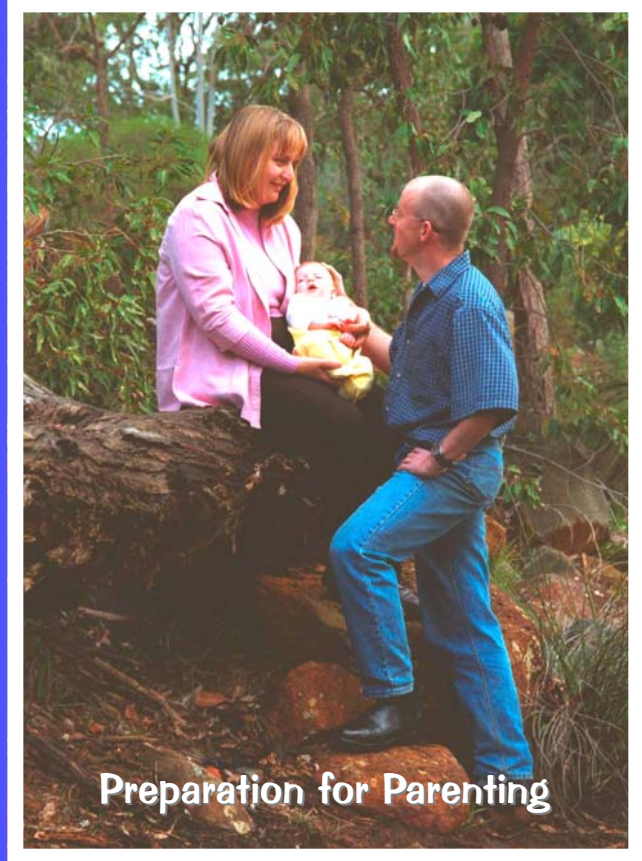
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*The details of your local AIW program are:*

## Let The *Children* Come... Along The Infant Way



Gary & Anne Marie Ezzo

Parenting your  
Child from  
Birth to  
Eight Months



# Along The Infant Way

## Overview:

Authored by Gary and Anne Marie Ezzo, this program was formerly called “Preparation For Parenting”. The Parent Directed Feeding (PDF) concept outlined has enough structure to bring security and order to your baby's world, yet enough flexibility to give mum freedom to respond to any need at any time. It teaches parents how to lovingly guide their baby's day rather than be guided or enslaved to the infant's unknown needs.

The concept of Along the Infant Way is loaded with success. Comprehensive breast-feeding follow-up surveys spanning three countries **using the PDF method** verify that as a result of the PDF concepts, 88% of mothers breast-feed, compared to the national average of only 54% (from the National Centre for Health Statistics, USA).

Find out for yourself why a world of parents and paediatricians utilise the concepts found in **Along the Infant Way** (Preparation for Parenting).

## Course Delivery:

The course has 6 sessions. The participants meet one night a week\* to watch a video, and discuss the topics. Each couple receives their course manuals and homework to complete.

## Session 1: Your Baby Needs a Family

If you desire to achieve excellence in parenting, you must protect your marriage. A strong marriage acts as the stabilising factor against the shocks of life. As you maintain your priority relationship as a couple, you are simultaneously hedging against child-centred parenting. From the very beginning, children are to be welcome members of your family but not the centre of it.

## Session 2: Feeding Philosophies

A parent-directed strategy brings out the best in both parent and baby because it is child-oriented, not child-centred or mother-centred. With this common sense approach, a mother cooperates with her baby's needs, and her baby in return learns to cooperate with mother's guidance. The result is true connectedness. With Parent Directed Feeding (PDF), a mother feeds her baby when it is hungry, but takes advantage of the first few weeks to guide the baby's hunger patterns by a basic routine.

## Session 3: Facts on Feeding

Cuddles, kisses, and consistency. To baby, these are a few of his favourite things. Add in proper nutrition, & you are on the path to parenting success. Whether the nourishment comes



from a bottle or breast, only you can choose. Both are discussed here for your know-ledge and heartfelt deliberation.

No matter what your choice, know that successful lactation alone will not deliver perfection in parenting. Milk production, positions for feeding and how to know when your baby is getting enough nourishment for healthy growth are discussed. Feeding your baby is perhaps the most basic task of managing your child.

## Session 4: Establishing Your Baby's Routine

Day one! There's no better time to begin thinking about your baby's routine. While all the pieces may not fall into place for another three or four days, you should still be thinking about

your long-term strategy now. At the heart of this plan lie three basic activities: Baby is feeding. Baby is awake. Baby sleeps. How you first meet your baby's feeding and nutritional needs says everything about your overall parenting philosophy. These moments of nurturing do far more than fill a little tummy with food, you are integrating life into your child and your child into life. Shouldn't so significant a process require a fully developed plan?

## Session 5: Wake-time Activities and Sleeping

Much of what is discussed in this session deals specifically with a child who is at least one week old. Wake-time activities include times when you and your baby will be together and times when your baby will explore his or her new world alone. Stable sleep patterns are based on stable feed/wake patterns. When there are a number of changes in these two activities, there will be corresponding changes in baby's sleep patterns. On average, it takes three to five days for a nine-week-old to establish unbroken sleep cycles. As a parent, learn to recognise your baby's different cries. Trust in this knowledge. Then, confidently respond to your baby. A wise parent will listen, think, and then take action. With effort and understanding, parent from the wisdom you have gathered.

## Session 6: Multiples & Premature Infants

Multiple-birth pregnancies are at high risk for prematurity, therefore a major challenge early on is that of caring for tiny babies in multiple. Your babies may stay in the hospital Neonatal Intensive Care Unit for a while, then will probably come home one at a time as they reach safe weights and develop sucking skills. They may come home with apnea and heart monitors in tow. The single worst mistake you can make is to assume you can handle this challenge on your own. All parenting requires organisation and thinking ahead, however, when you bring home a multiple birth, you really have to think and plan, because when the unexpected happens, it happens in multiples.

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\* Each weekly session meeting is approx. 2 hours.

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*The next step: (From Five to Fifteen Months)*

## Along the Toddler Way

Builds on *Along the Infant Way* and assists in establishing right learning patterns by the development of three life skills: sitting, focusing and concentrating.