



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 helped over two million parents and twice as many contented babies.

Based on the premise that God is orderly in all of His workings, **Preparation for Parenting** brings hope to the tired and bewildered parents looking for an alternative to sleepless nights and fussy babies.

Your local contact is:



or alternatively email enquiries@gfi.org.au



About the Ezzos

GARY AND ANNE MARIE EZZO have authored more than twenty books on parenting and produced eight educational video series on child-rearing that have been utilized by millions of parents around the world. The Ezzo's values-based parenting philosophy has been utilized by thousands of churches and their various curriculums have been translated into many different languages.

Gary Ezzo holds a Master of Arts degree from Biola University, Talbot Theological Seminary and School of Theology and serves as the Executive Director of Growing Families International. Anne Marie Ezzo, in addition to ministering alongside her husband, is the International Director of Christian Family Heritage, which oversees the Contact Mom ministry and is co-author of *On Becoming Birthwise* and *Birth by Design*. The Ezzo's have two married daughters, eight grandchildren, and reside in Mount Pleasant, South Carolina.

To find out more about the Growing Families courses and books, download parenting articles, price list and place orders on-line, visit the website at www.gfi.org.au

GROWING FAMILIES AUSTRALIA

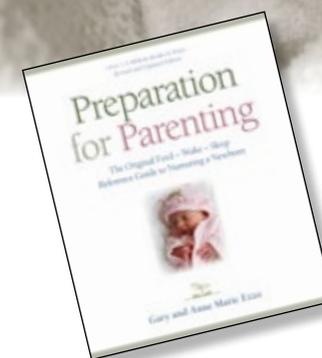
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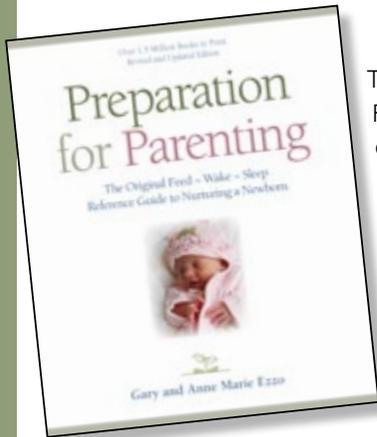
Preparation for Parenting



Gary & Anne Marie Ezzo

Preparation for Parenting

Birth to 5 months



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 enslaved to the infant's unknown needs.

Authored by Gary and Anne Marie Ezzo this program 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 pediatricians utilise the concepts found in **Preparation for Parenting**.

Course Delivery

The course has 5 sessions. The participants meet one night a week (for about two hours) to watch a DVD and discuss the topics. Each couple receives course manuals and homework to complete each week.

Session 1: The Home Environment

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: The Ripple Effect principle

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. A baby settled into this routine will then learn to sleep through the night. So this session we discuss the idea of feeding and sleeping, and how the results of this have their effect on the family.

Session 3: The first Ten Days

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 knowledge 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.

We also discuss the general care of baby and mum and the issues that can occur after birth.

Session 4: The first month

Infants thrive on routine and predictability. Stable sleep patterns are based on stable feed/wake patterns. At the heart of this plan lie three basic activities: baby is feeding; baby is awake; baby sleeps. We will discuss what these three activities involve and how you can learn to recognise your baby's different cries, and then confidently respond to your baby.

Session 5: Eight weeks and beyond

Most of us have many expectations and beliefs about parenting and how we will parent our child. This week we will discuss how as parents we need to expect the unexpected, yet use wisdom to manage the unexpected. A range of topics will be discussed, ranging from equipment needed, grandparents, premature births to teething.

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

The Next Step

Babyhood Transitions

(From Five to Twelve Months)

Builds on Preparation for Parenting by laying out practical steps for successfully managing the growth challenges ahead, with age appropriate modifications to the three activities of your babies day: feeding, wake and sleep times.

