

DO YOU WANT TO LEARN HOW TO BE A GOOD PARENT AND RAISE A HEALTHY, HAPPY CHILD?

EARN WHILE YOU LEARN PROGRAM IS WHAT YOU NEED!

The Nurturing Center of Lubbock gives you the opportunity to learn how to be the best parent you can be and help you understand what to expect in pregnancy & beyond.

Through regular lessons that include videos & worksheets you'll learn important information about your baby.



HOW IT WORKS



With our parenting program you will have the opportunity to earn points that can be used to acquire materials in our facility for your baby such as diapers, bottles, clothing, blankets and other supplies.

We have designed a pregnancy plan where you can choose how to earn your points and shop in our store. This program will give YOU the opportunity to select the items you want for YOUR baby.

WHAT WILL YOU LEARN?



After meeting with you, our staff will put together a lesson plan that is specific to your needs.

Lessons will fill you up with facts and practical tips to help you in this new journey.

There are several topics to choose from and a parenting instructor will help you better understand the lessons, challenges and joys that you will go through.



Give us a call or come in today!
 We can work together to make a plan
 that is best for you!



Pregnancy

First Trimester: Prenatal Care,
 What to expect in your doctor's
 appointment, Baby's Development.
Second Trimester Emotions of
 Pregnancy, Bonding with your
 Baby, Your Changing Body.
Third Trimester: Getting Ready for
 Baby, Big Belly Mommy Hacks.
 Birth Coaching.

Infants

Labor & Delivery
Breastfeeding Why breastfeeding?
 Going Back to Work, Formula
 Feeding, Problems & Solutions
Infant Care: Infant Expectations
Infant Medical Care: SIDs,
 Accidents & Illness.
Infant Strategies: Nutrition,
 Movements, Sleep & Crying.
Mommy Strategies: Careers,
 Nutrition
Infant Bonding

Toddlers

Toddler Milestones
 Toddler Parenting Strategies:
 Sleeping, Bedtimes and
 Mornings, Tantrums, Whining,
 Potty Training.
 Parenting Your Toddler's Heart
 Toddler Medical

OTHER SERVICES

The Nurturing Center wants to provide
 you support and resources to give your
 life as a parent the best experience.

We offer free pregnancy test,
 ultrasounds, counseling, theology of
 the body retreats and more!

Please call or visit our office:



806-780-6853
 3303 66TH STREET
 Lubbock, TX 79413



Nurturing Center

Pregnancy Support Services

Earn
 While You
 Learn

