

Motherhood Begins

A Sample Month of God's Girls Motherhood
One-Credit High School Life Skills Course



By Meredith Curtis
Powerline Productions

MEREDITH CURTIS

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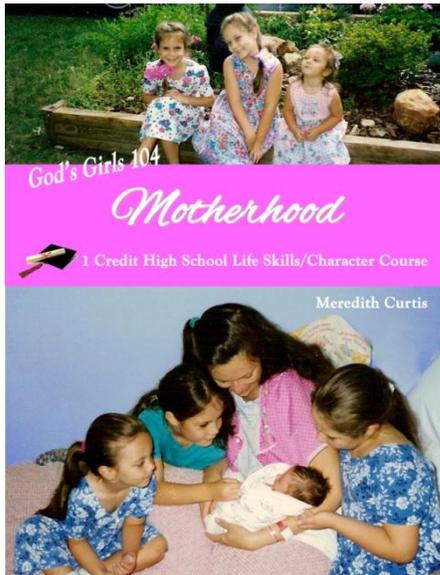
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GOD'S GIRLS 101: GROW IN CHRIST

This book is a one month sample of *God's Girls 104: Motherhood*, a one-credit high school life skills course.

Learn more about God's Girls 104: Motherhood here:
<https://powerlineprod.weebly.com/gg104motherhood.html>



DEDICATION

This class is dedicated in loving memory to my beautiful mother, Barbara King Ludwig, a mommy who sang with me, laughed with me, read with me, baked with me, and taught me to love Jesus and people.



MEREDITH CURTIS

Table of Contents

God's Girls Motherhood Syllabus	7
God's Girls Motherhood Assignment Check-Off	9
Welcome to God's Girls.....	15
Directions for God's Girls Assignments.....	15
Motherhood Begins	Error! Bookmark not defined.
Memorize Isaiah 49:14-16 & Isaiah 40:11	Error! Bookmark not defined.
Expecting a Blessing!.....	Error! Bookmark not defined.
Eating for Two	Error! Bookmark not defined.
Plan Healthy Meals for Mom.....	Error! Bookmark not defined.
Pretty & Pregnant.....	Error! Bookmark not defined.
The Birth Experience.....	Error! Bookmark not defined.
Stages of Labor	Error! Bookmark not defined.
Nursing	Error! Bookmark not defined.
<i>Heart & Home: A Reaffirmation of Traditional Mothering</i> Book Review.....	Error!
Bookmark not defined.	
Caring for Babies.....	Error! Bookmark not defined.
Girl Baby Names I Like.....	Error! Bookmark not defined.
Boy Baby Names I Like	Error! Bookmark not defined.
Serve As Mom's Helper	Error! Bookmark not defined.
Powerline Productions.....	51
Homeschooling High School to the Glory of God	52
About the Author.....	60

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God's Girls Motherhood Syllabus

Textbook

The Holy Bible

Supplemental

Heart and Home: A Reaffirmation of Traditional Mothering by Debra Evans

Raising Kids Who Hunger for God by Sheree Phillips

Shepherding A Child's Heart by Tedd Tripp

A Mother's Touch by Elise Arndt

The Mission of Motherhood by Sally Clarkson

Becoming Mom Strong by Heidi St. John

Romancing Your Child's Heart by Monty Swan

Assignments

- Meet with Mom or Mentor once a Week to go over material in class, talk, and pray
- Memorize Isaiah 49:14-16 & Isaiah 40: 11
- Do a word study on **mother, motherhood.**
- Complete *Arrival Kit* workbook, *God's Girls Brand New Life*, and *Beauty Secrets*
- Make a booklet for young children (6-10) on "Mommies Who Love Jesus"
- Make a booklet for young children (6-10) on the "Foundations of the Faith: Prayer, Worship, Bible, Fellowship and Witnessing"
- Optional: Make a Video on "How to Have a Daily Quiet Time"
- Optional: Make a Video on "Foundations of the Faith: Prayer, Worship, Bible, Fellowship and Witnessing"
- Fill out Book Review sheet for books read
- Do a personal Bible study on Jesus as a servant. Share with Mom and Dad the passages you find and things God shows you
- Keep a Food & Exercise Log for 1 week
- Workout with Mom

- Role-Play Diffusing Anger
- Role-Play Controlling Emotions
- Do an in-depth Bible Study on Philippians
- Write an Essay on How to Grow in Christ for the Rest of My Life

Grading

To get a **C** grade, complete all work like it is just an assignment. Demonstrate only small amount of growth in Jesus.

To get an **A** grade, complete all work cheerfully with excellence. Demonstrate growth in Jesus in attitude, actions, service, and speech.

God's Girls Motherhood Assignment Check-Off

Assignments

Completed

Motherhood Begins

Meet with Mom

Copy Isaiah 49:14-16 & Isaiah 40:11

Read *Heart & Home*

Read "Expecting a Blessing" & "Eating for Two" & "Pretty & Pregnant"

Plan Healthy Meals for Mom

Meet with Mom

Copy Isaiah 49:14-16 & Isaiah 40:11

Read "The Birth Experience" & "Stages of Labor" & "Nursing"

Read *Heart & Home*

Book Review

Meet with Mom

Copy Isaiah 49:14-16 & Isaiah 40:11

Read "Caring for Babies"

Choose Girls Baby Names & Boy Baby Names; Complete Charts

Read *Raising Children Who Hunger for God*

Read More On Quiet Times

Serve as a Mom's Helper

Mothering Toddlers

Meet with Mom

Copy Isaiah 49:14-16 & Isaiah 40:11

Do a Word Study on Motherhood

Record Things You Learned from Word Study

Read *Raising Children Who Hunger for God*

Meet with Mom

Copy Isaiah 49:14-16 & Isaiah 40:11
Read "Triumphant Toddlers" & "Caring for Toddlers"
Plan Healthy Meals for Toddlers
Read *Raising Children Who Hunger for God*
Book Review

Meet with Mom

Copy Isaiah 49:14-16 & Isaiah 40:11
Read "Patterns & Habits" & "From Goal to Habit to Pattern of Living"
Read *Shepherding a Child's Heart*

Serve as a Mom's Helper

Mothering Preschoolers

Meet with Mom

Copy Isaiah 49:14-16 & Isaiah 40:11
Read "Pioneering Preschoolers"
Make Booklet: "When I Grow Up, I'm Going to Be a Mommy"
Optional: Make Video: "When I Grow Up, I'm Going to Be a Mommy"
Read *Shepherding a Child's Heart*

Meet with Mom

Copy Isaiah 49:14-16 & Isaiah 40:11
Read "Creating a Nurturing Environment for Little Ones" & "Mommy's Big Helper"
Read *Shepherding a Child's Heart*
Book Review

Meet with Mom

Copy Isaiah 49:14-16 & Isaiah 40:11
Read "Leading Little Ones to Christ"
Read *A Mother's Touch*

Serve as a Mom's Helper

Motherly Love

Meet with Mom

Copy Isaiah 49:14-16 & Isaiah 40:11

Read "Children Learning & Growing"

Complete "Mothers in the Bible" Assignment and Fill Out Charts

Read *A Mother's Touch*

Meet with Mom

Copy Isaiah 49:14-16 & Isaiah 40:11

Read "Learning from Other Mothers"

Complete "Godly Mothers I Know" Chart

Complete "Godly Mothers in the Bible" Chart

Complete "Ungodly Mothers in the Bible" Chart

Read *A Mother's Touch*

Book Review

Meet with Mom

Copy Isaiah 49:14-16 & Isaiah 40:11

Read "Loving Your Children"

Read *The Mission of Motherhood*

Serve as a Mom's Helper

Coach Mom

Meet with Mom

Copy Isaiah 49:14-16 & Isaiah 40:11

Read "Questions & Answers About Chores" & "Family Chore Time"

Read *The Mission of Motherhood*

Meet with Mom

Copy Isaiah 49:14-16 & Isaiah 40:11

Read "Raising Little Ladies & Gentleman"

Listen to "12 Happy Habits" & Answer Questions

Read *The Mission of Motherhood*

Book Review Sheet

Meet with Mom

Copy Isaiah 49:14-16 & Isaiah 40:11

Read "Plugging into the Local Church as a Family"

Read *Becoming Mom Strong*

Serve as a Mom's Helper

Nurturing Mom

Meet with Mom

Copy Isaiah 49:14-16 & Isaiah 40:11

Read "Create a Nurturing Environment" & "Lifestyle of Learning"

Read *Becoming Mom Strong*

Meet with Mom

Copy Isaiah 49:14-16 & Isaiah 40:11

Read "Family Fun" & "Choosing Family Movies in an X-Rated World"

Read *Becoming Mom Strong*

Book Review

Meet with Mom

Copy Isaiah 49:14-16 & Isaiah 40:11

Read "Why Children Fight & What to Do About It" & "Cultivating Sibling Friendship"

Listen to "Fight Fair" & Answer Questions

Read *Romancing Your Child's Heart*

Serve as a Mom's Helper

Mothering Preteens

Meet with Mom

Copy Isaiah 49:14-16 & Isaiah 40:11

Read "Healthy Preteens"

Read *Romancing Your Child's Heart*

Meet with Mom

Copy Isaiah 49:14-16 & Isaiah 40:11

GOD'S GIRLS 101: GROW IN CHRIST

Work on Philippians In-Depth Bible Study

Read "The Squirrely Years" & "When Children Enter Puberty"

Read "Physical & Emotional Needs of Preteens"

Read *Romancing Your Child's Heart*

Book Review

Meet with Mom

Copy Isaiah 49:14-16 & Isaiah 40:11

Work on Philippians In-Depth Bible Study

Read "Give Children Wings & Boundaries"

Read Book of Your Choice

Serve as a Mom's Helper

Mothering Teens

Meet with Mom

Copy Isaiah 49:14-16 & Isaiah 40:11

Read "What's So Special about the Teens Years?" & "The Myth of Teenage Rebellion"

Listen to "Wild Wacky Wonderful Teenagers" & Answer Questions

Read Book of Your Choice

Meet with Mom

Copy Isaiah 49:14-16 & Isaiah 40:11

Read "Purity in a Seductive World" & "Prepare Teens for Marriage"

Read "When Teens Doubt"

Read Book of Your Choice

Book Review

Meet with Mom

Copy Isaiah 49:14-16 & Isaiah 40:11

Read "Career Choices & The College Decision"

Read "Prepare Your Teen for the World of Academia"

Listen to "How to Get Into College" & Answer Questions

Read Book of Your Choice

Serve as a Mom's Helper

Vision for Motherhood

Meet with Mom

Copy Isaiah 49:14-16 & Isaiah 40:11

Interview 7 Moms

Read "How to Write an Essay on Motherhood"

Compile Interview Information and Make an Outline for your Motherhood Essay

Read Book of Your Choice

Meet with Mom

Copy Isaiah 49:14-16 & Isaiah 40:11

Read "Adoption"

Write Essay on Motherhood

Read Book of Your Choice

Book Review

Meet with Mom

Copy Isaiah 49:14-16 & Isaiah 40:11

Read "Living Faith from Generation to Generation to Generation"

Serve as a Mom's Helper

Welcome to God's Girls

Welcome to God's Girls, real young women who want to grow in Jesus and be filled with the fruit of the Holy Spirit! In contrast to the feminist culture we are surrounded with, our heart is to raise godly women who delight in their roles as nurturers. God's girls live for Jesus and obey His plan for their lives, preparing to be wives, mothers, homemakers, businesswomen, and radiant sisters in the family of God. From friendship to leadership, these women are world changers, sharing Christ and making disciples for the glory of God!

God's Girls is a series for building godly character and practical wisdom in young women's lives. Girls in high school need preparation to become the women God has called them to be.

These character classes include Bible assignments, living books to read, essays to write, and other projects designed to impart Truth.

The secret to the success of these classes is the weekly meetings with Mom (or another mother figure/mentor). The class work should be gone over and time spent in conversation, Bible study, and prayer.

Directions for God's Girls Assignments

Books & Book Report Sheets

We use living books to learn about godly living. These are books that have impacted Meredith, the creator of the classes, as a young woman or her daughters. You will read a book each month. Pray before you sit down to read each time and ask God to help you to have discernment about what is true and how the principles in the book can apply to your life.

After you read each book, you will fill out a simple book review sheet.

Essays

Essays are written to express the truth about a subject and your own feelings on that subject.

In *God's Girls 104: Motherhood*, you will write an essay on Motherhood based on your interviews with several stay-at-home moms. I know it seems like a long time away, but before you know it, you will be married and raising children or mentoring moms. It's important to understand God's heart and will for mothers. The essay you write would be great for you to share with other girls and older ladies. It may challenge them to value

motherhood. Make sure that your paragraphs get across everything you need to say. Check your sentences for clarity.

Booklets

Nothing helps you learn better than teaching others. You will make a booklet for young children to read about motherhood. You can be as creative as you want to be. Make sure your booklet is readable and easy to understand. Read it aloud to someone else to see if they “get it.” This would make a great gift to a young child.

You can also make a video if you want to. Some of my daughters and students made videos for these assignments in addition to the booklets.

Bible or Word Study

Just look up passages on the topic and write down your observations about the passages. You can use a Bible concordance or ask your parents for their favorite passages on the subject. Don't forget to pray and ask God to show you His Truth as you read the passages.

After reading and meditating on these passages, think about the practical application for your life today and your life in the future. You will do a word study on motherhood, as well as looking at the life of several good and bad mothers in the Bible.

Any questions or confusion, email me, Meredith@powerlinecc.com

Motherhood Begins



Memorize Isaiah 49:14-16 & Isaiah 40:11

Expecting a Blessing & Eating for Two

Pretty & Pregnant

The Birth Experience & Nursing

Caring for New Babies & Baby Names

Heart & Home Book Review

Serve as Mom's Helper

(Remember to meet with Mom or Mentor once a week)

Week One Meet with Mom or Mentor

Pass out books.

Go Over Plan for Year

- September through November: Pregnancy, Babies, Toddlers, Preschoolers, Establishing Patterns of Living, Word Study on Mothers
- December-January: Loving Children, Health, Nurture, Learning, Manners, Establishing Patterns of Living, Chores, Family Fun, Learning from Other Moms
- February-May: Preteens, Teens, Long-Term Vision for Motherhood, Essay on Motherhood
- Each month read a Living Book

Project Time: Go for a Walk around the Block together

Prayer Focus:

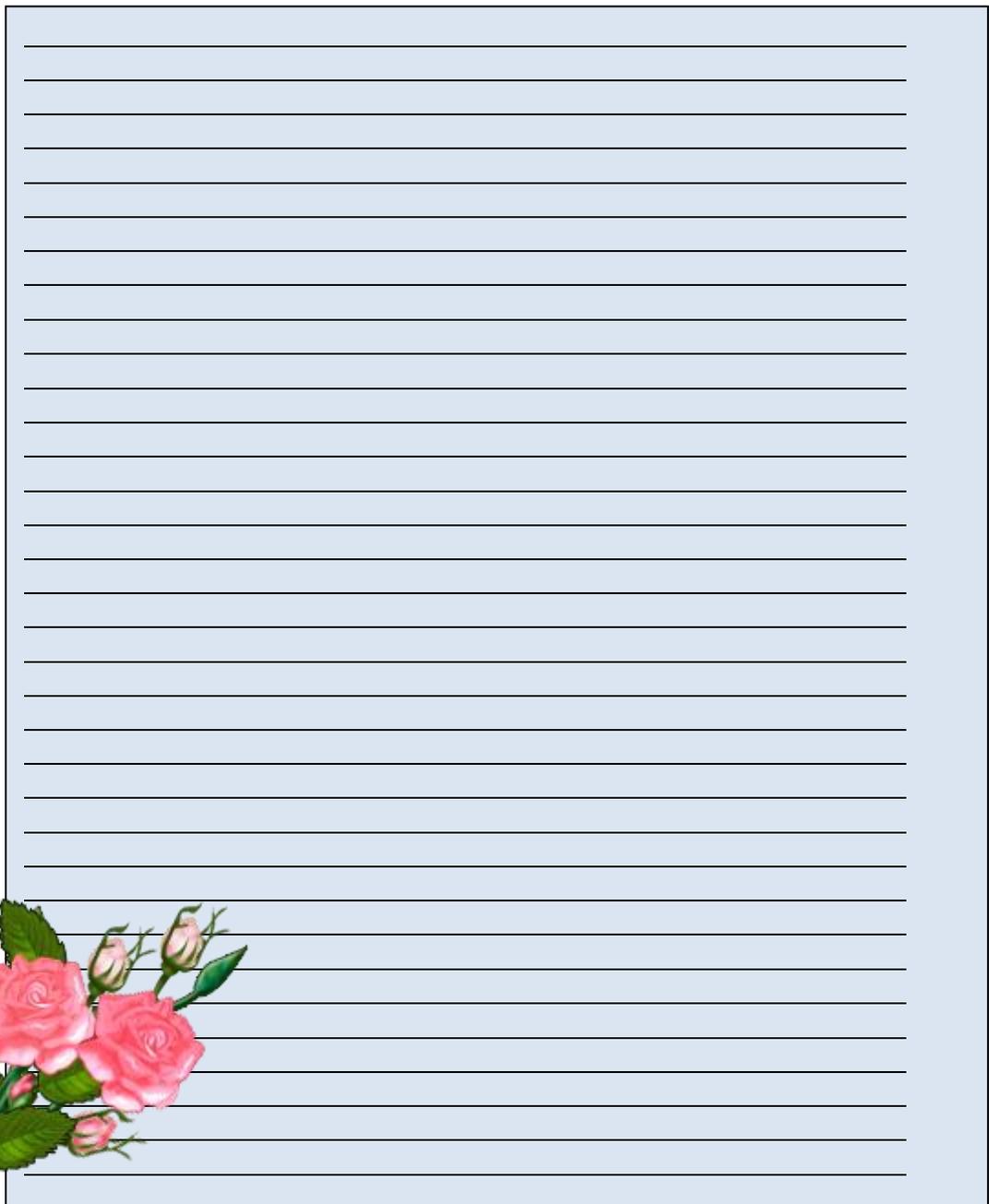
- Year Ahead
- Mother/Daughter Relationship



Week One Home

Memorize Isaiah 49:14-16 & Isaiah 40:11

Copy Isaiah 49:14-16 & Isaiah 40:11 in your favorite version of the Bible. We recommend the NASB, the NKJ, or the ESV.



Expecting a Blessing!

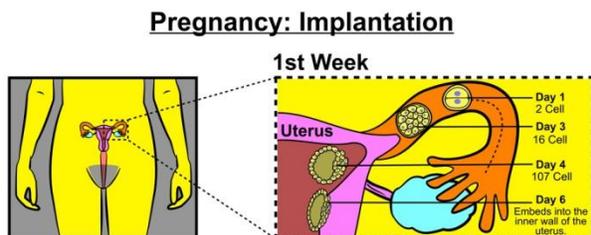
What a glorious privilege God gives to women by letting them experience pregnancy and childbirth! Each baby is a gift from the Lord!

Nine Month Countdown

A pre-born baby grows and develops inside his/her mother's womb for nine months. When a woman has a baby inside of her uterus (womb), she is pregnant. During pregnancy, the baby lives in a balloon-like sac and the amniotic fluid protects the baby inside the uterus. The umbilical cord connects mom to baby, providing food and oxygen from mother to baby. When this cord is cut at birth, the baby will have a belly button—God's reminder of the connection you had to your mother while you were living inside her.

Pregnancy is divided up into three time periods called trimesters. The baby grows and develops during this time until he/she is ready to come out and join the world. Mom goes through a lot of changes too! Mom is eating for two, pumping blood for two, and getting bigger and bigger. There are many challenges and blessings a woman experiences when she is pregnant. Hearing the heartbeat and feeling the baby move for the first time are two amazing blessings!

First Trimester Baby



The first trimester starts at fertilization and lasts until the 12th week of pregnancy.

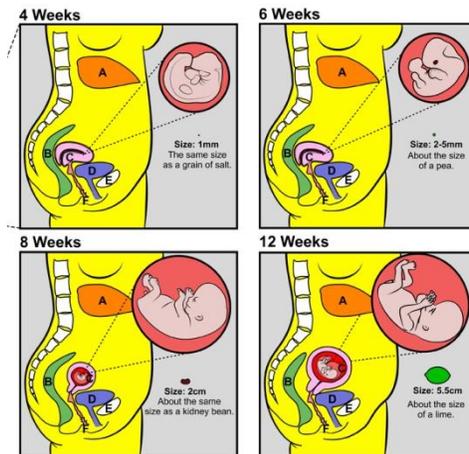
Fertilization, or conception, is when life begins. Fertilization usually occurs within hours of ovulation when a man's sperm connects with a woman's egg

inside the fallopian tube and the Lord begins knitting this precious life together on Day 6. Cells multiply and the tiny embryo implants in the uterine wall. The embryo is still very small, only 1/100 of an inch long 2 weeks later.

By the fourth week, the embryo is 1/6 of an inch long with a little head and trunk with little limb buds (that will become arms and legs) forming. The brain has five areas with some cranial nerves visible. God starts to form the eyes and ears. The heart is now beating.

By the sixth week, the embryo is ½ inch long with a four-chambered heart, nostrils, eyes, ears, upper lip, feet, and hands. The Lord is forming the fingers, toes, lungs, and brain centers.

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The First Trimester (A = stomach, B = rectum, C = uterus or womb, D = bladder, E = pubic bone, F = vagina)

At eight weeks, the embryo is now called a fetus. The fetus is 1 ½ inches long with a large head compared to his body and limbs. God forms the neck and the baby's eyelids open and close.

The tiny fetus is about 2 ½ inches long and weighs ½ ounce at 10 weeks. God knits together the fingernails and toenails. The little baby begins to move around and doctors can often hear the heartbeat.

By 12 weeks, this precious baby can swallow. The kidneys are making urine and blood is forming in the bone marrow. The fetus is 3 ½ inches and weighs 1 ½ ounces.

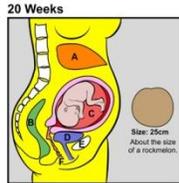
First Trimester Changes for Mom

While the baby is going through so much growth and development inside Mommy from fertilization until the 12th week, Mommy is going through many changes, too.

Mom's body supports the growth of the placenta and the rapid development of the baby during the first trimester. Her blood volume increases because it must carry nutrients and oxygen to the baby and placenta. This increases her heart rate.

Often very tired the first trimester, Moms have a lot of work going on inside. In addition to fatigue, moms can feel nauseated due to increased hormone levels and struggle with headaches and constipation. Many moms throw up in the first trimester, but nausea is often relieved by eating small amounts of food throughout the day. This nausea may be the Lord's way of getting Mom to rest.

Second Trimester Baby



The second trimester starts at week 13 and lasts until week 27 of pregnancy.

During the second semester, a preborn baby can such his thumb, yawn, stretch, and make cute little faces. You can see baby's eyelids, eyebrows, eyelashes, nails, hair, and teeth. Bones are getting stronger, while the reproductive organs and genitalia are fully formed. You can tell if baby is a boy or girl. You can hear the heart beating through a Doppler.

At the end of the fourth month, the baby weighs about 4 ounces.

During baby's fifth month of life hair is growing on baby's head, while a "cheesy" white substance, vernix caseosa, covers baby's skin, protecting her skin from the constant exposure to amniotic fluid. Baby loves to move and swim, using the brand new muscles. Now baby is almost 10 inches long and weighs ½ to 1 pound.

During the sixth month of life, baby grows to 12 inches and weighs about 2 pounds. The skin is translucent, wrinkled, and red. You can see the veins through baby's skin. Baby can open and close eyes. Baby hiccups and responds to sounds, including Mom's voice.

Babies born after the 23rd week of pregnancy survive if given proper care in intensive care.

Second Trimester Changes

Week 23 to 27 of pregnancy is often Mom's most energetic time during the entire pregnancy. For most women, the first trimester nausea and tiredness are gone.

You start showing during this trimester, so it's time to buy maternity clothes. Some women struggle with leg cramps, varicose veins, backaches, or heartburn.

The most exciting part of the second trimester is when Momma feels baby move for the first time.

During this time, doctors and midwives check for gestational diabetes so Moms have a special blood glucose test.

Third Trimester Baby

The third trimester starts at week 28 and lasts until birth. During the third trimester, baby is sleeping and waking up on a regular schedule and has the startle reflex. Baby can kick and gains weight rapidly. Baby's hair and nails grow. Brain and lungs continue to develop quickly to get ready for life outside the womb. At 32 weeks, baby is 15 to 17 inches long and weighs 4 to 4 ½ pounds.

Baby keeps growing with body fat increasing with each week. He gets so big that it's harder to move around inside. By 37 weeks, baby is considered full-term and can live outside the placenta. Babies move into position for birth during the last few weeks with their head down. At the end of this trimester, babies weigh between 6 and 10 pounds and are 19 to 22 inches long.

Third Trimester Changes

It's time for Mom and Dad to take a childbirth class now that it's the third trimester. Baby is getting bigger and so is Mom.

Along with a super big tummy, Mom may have swollen ankles, swollen fingers, heartburn, shortness of breath, hemorrhoids, and trouble sleeping.

Many Moms can't wait to give birth during the third trimester, yet they feel a little nervous about the whole childbirth process.

Eating for Two

Eating for two doesn't mean eating double, but you will need more calories when you are pregnant. In fact, pregnant woman often feel hungry and crave odd foods at times.

With all the growing baby is doing, Mom will need more protein, but she also needs more iron, calcium, and folic acid.

It is healthy to gain between 20 to 40 pounds when you are pregnant, but every woman is different. Try to eat balanced meals and make healthy choices.

Why and where does Mom gain weight?

- Baby (6-10 pounds)
- Placenta (1 ½ pounds)
- Amniotic fluid (2 pounds)
- Uterus growth and changes (2 pounds)
- Breast growth (2 pounds)

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- Blood and body fluids (8 pounds)
- Protein and fat stores (7 pounds)

Moms need to eat lots of protein-rich foods like meat, chicken, turkey, fish, eggs, beans, cheese, milk, nuts, and seeds.

Mom uses iron to build red blood cells and she needs a lot of iron since her blood volume increases. Iron-rich foods include meat, fish, chicken, turkey, dried beans, and peas. To increase iron absorption, take iron with Vitamin C, found in fruits like oranges, strawberries, and grapefruit.

Calcium needs can be met with milk, yogurt, cheese, sardines, salmon with bones, kale, and bok choy.

For folic acid needs, try leafy green vegetables, whole grains, beans, and citrus fruits.

FOOD SAFETY for Baby and Me

Learn the food safety steps that will keep expecting moms safe from foodborne illness.

FOODS TO AVOID WHILE PREGNANT		
Foods to Avoid	Here's Why	Foods to Eat
Raw seafood	May contain parasites or bacteria	Fish cooked to 145 °F
Unpasteurized juice, cider and milk	May contain E. coli or Listeria	Pasteurized versions are safer alternatives.
Soft cheese and cheese made from unpasteurized milk	May contain E. coli or Listeria	Hard cheese & cheese made with pasteurized milk
Undercooked eggs	May contain Salmonella	Eggs with firm yolks
Premade deli salads (egg, pasta, chicken, etc.)	May contain Listeria	Make these dishes at home
Raw sprouts	May contain E. coli or Salmonella	Cook thoroughly
Cold hot dogs and luncheon meats	May contain Listeria	Reheat to steaming hot or 165 °F
Undercooked meat and poultry	May contain E. coli, Salmonella, Campylobacter, Toxoplasma gondii	Meat and poultry at or above the USDA recommended internal temperature

SAFE INTERNAL COOKING TEMPERATURES

- 145 °F**: Beef, pork, veal and lamb steaks, roasts and chops with a 3 min rest time; Fish
- 160 °F**: Egg dishes; Ground beef, pork, veal and lamb
- 165 °F**: Whole, ground, or pieces of chicken, turkey and duck

DANGERS OF LISTERIA AND TOXOPLASMA GONDII

Listeria monocytogenes: Pregnant women are **10 times more likely** to get Listeriosis. These foodborne illnesses can infect your baby even if you do not feel sick.

Toxoplasma gondii: **50%** of Toxoplasmosis infections in the U.S. are acquired from food.

Listeriosis can cause: Miscarriages, Premature labor, Low birth weight, Infant death

Toxoplasmosis can cause babies to develop: Hearing loss, Blindness, Intellectual disability, Brain or eye problems later in life

REMEMBER

- Clean:** Wash hands and surfaces often.
- Separate:** Keep raw meat and poultry separate from ready-to-eat foods.
- Cook:** Cook foods to the proper internal temperature.
- Chill:** Get leftovers to the fridge within 2 hours of being cooked.

USDA, Ad Council, FoodSafety.gov, ADDITIONAL SOURCE: CDC

Poster for Pregnant Woman from USDA, CDC, and NIH, public domain.

Plan Healthy Meals for Mom

Using the information and poster on the previous pages, plan some healthy meals for a pregnant Mommy. Plan 2 healthy breakfasts, 2 healthy lunches, and 2 healthy dinners.

Breakfast

A rectangular box with a light green background and horizontal lines. It contains two horizontal dark red lines, one near the top and one near the bottom, serving as guides for writing.

A rectangular box with a light green background and horizontal lines. It contains two horizontal dark red lines, one near the top and one near the bottom, serving as guides for writing.

Lunch

A rectangular box with a light green background and horizontal lines. It contains two horizontal dark red lines, one near the top and one near the bottom, serving as guides for writing.

A rectangular box with a light green background and horizontal lines. It contains two horizontal dark red lines, one near the top and one near the bottom, serving as guides for writing.

Dinner

A rectangular box with a light green background and horizontal lines. It contains two horizontal dark red lines, one near the top and one near the bottom, serving as guides for writing.

A rectangular box with a light green background and horizontal lines. It contains two horizontal dark red lines, one near the top and one near the bottom, serving as guides for writing.

Pretty & Pregnant

Pregnancy is such a delightful time with a new life blossoming inside you and the thrill of a little one moving and kicking in your tummy.

Oh, wait, did I mention swollen ankles, varicose veins, exhaustion, and heartburn?

Women don't always feel as beautiful as their husband tells them they are when they are pregnant. So, in an attempt to encourage all the pregnant and soon-to-be pregnant women out there, I have put together some pregnancy fashions that are comfy and flattering at the same time. It's true!

My model is Sarah Jeffords, a lifetime friend who is the mother of three. In fact, I had the privilege of seeing Hudson's arrival a few weeks after we did this photo shoot. Hudson is in the pictures, but you can't see his face. He's hiding inside Sarah. A few weeks later, he was here, making his presence known far and wide. And poor Sarah didn't do much sleeping for a few months, but she still looks beautiful.

I hope you enjoy Sarah's pregnancy outfits and they give you some ideas for flattering outfits that feel comfortable and look pretty, too when it's your turn.



Soft Stretchy Black Leggings are a pregnant mom's best friend. Top the leggings with a black t-shirt and pretty tank tunic and you have a comfy outfit to relax in.

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This time the soft Stretchy Black Leggings are topped with a black t-shirt and pretty light gray tunic. What a comfy outfit to relax in!



One more outfit with our favorite stretchy black leggings. This time it's a pretty purple and pink floral tunic top with long sleeves. Perfect for cooler weather.



Here is a pretty purple sleeveless maternity dress with a t-shirt underneath. The soft knit keeps Mom comfortable.

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Another wonderful favorite for pregnant mummies is a pair of comfortable maternity jeans with that lovely stretch panel. Sarah tops her jeans with a short-sleeved black and pink floral short-sleeved tunic. Perfect for warm weather, but add a sweater and you can make this a cool weather outfit, too.



In this outfit, the comfy jeans are topped by a cream long-sleeved tunic with pink and burgundy flowers.



When you have to dress up, this soft and comfortable knit, long-sleeved cream floral dress is perfect for any dressy occasion, going to church, or lunch out with the girls.

Week Two Meet with Mom

Discuss

- Motherhood Begins at Conception
- Psalm 139—How God knits babies together in the womb

Project

- Look at Daughter's Baby Photographs

Prayer Focus:

- Year Ahead
- Mother/Daughter Relationship



Week Two Home

Memorize Isaiah 49:14-16 & Isaiah 40:11

Copy Isaiah 49:14-16 & Isaiah 40:11 in your favorite version of the Bible. We recommend the NASB, the NKJ, or the ESV.

Lined writing area for copying the Bible verses.



The Birth Experience

Eventually, the baby has to leave the safe place inside Mommy and enter the world.

Preparing for the Big Event

Giving birth is a little like running a marathon; it takes endurance! Just like runners train for a marathon, you can prepare for your birth experience.

Stay in shape during your pregnancy with stretching, aerobic exercise, and light weight training. Childbirth requires muscle work and stamina which exercise helps to build. You may have to slow down a little during pregnancy, but you should be able to keep up with most of your exercise routine including swimming, tennis, running, and aerobics classes. I ran two miles a day throughout my first three pregnancies.

Take childbirth classes to prepare for giving birth. It really helps to understand what your body is doing so that you can cooperate with it, instead of just fighting the pain. Each contraction is one step closer to getting that baby out!

If you are going to have your husband and mom with you for the birth, bring them along to your childbirth classes.

Childbirth classes teach about pregnancy, breastfeeding, and infant care, but they also walk you through the stages of labor and teach pain management techniques. Some of these you will want to stay away from like hypnosis and other New Age things. I used the Bradley Method and focused on relaxing my body when contractions arrived. My husband would help in the process by rubbing my back, arms, head, face, and legs to help me relax.

Most Moms-to-be put together a Birth Bag to take with them to the hospital or birthing center. If you are having a home birth, you might put these things in a special drawer.

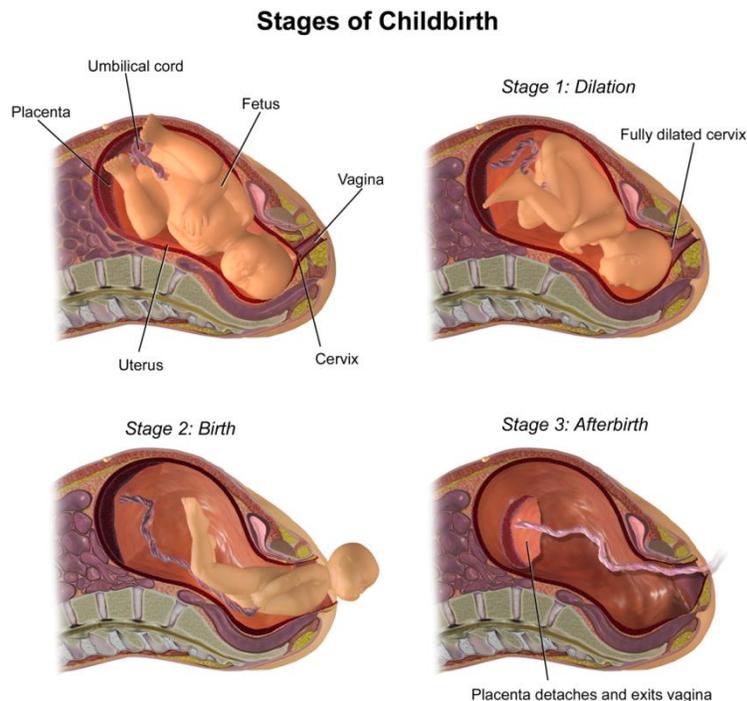
Here are some things to pack in the Birthing Bag

- Bathrobe
- Socks
- Slippers or Flip-Flops
- Lip Balm
- Lotion
- Water Spray Mist Bottle (to cool you down if you get sweaty)
- Pillows
- Worship CDs & CD Player

- Birth Plan
- Comfortable Clothing for After Delivery
- Glasses/Contact Case
- Phone & Charger
- Snacks
- Water Bottle
- Camera
- Clothes for Baby
- Blanket for Baby

What is a birth plan? I'm glad you asked. The birth plan is a one page plan you write together about your preferences for your birth experience. It includes who you want with you during labor, delivery, and right after the birth. It addresses how you will labor (in a warm tub, standing, walking), how you will manage pain (quiet, massage, medicine, epidural), and all the other details of your desires for the birthing process.

Stages of Labor



Stages of Childbirth (c) Bruce Blaus Wiki Creative Commons

Babies come in God's timing (unless you have a scheduled C-section), but there are signs that it's almost time. Baby will drop down lower into Mom's pelvis (this is called "lightening") and Mom will often have a burst of energy to clean and get the baby's room ready.

Before true labor begins, Mom will experience random contractions. These can sometimes be painful and make her think that she is in labor.

First Stage

The first stage of labor is the longest stage. First stage labor lasts from 12 to 19 hours, starting with the first regular contractions and ending when Mom's cervix is fully open and ready for the baby to come through.

In the beginning of first stage labor, Mom can go about daily life, but must stop when a contraction occurs because of the pain. The contractions become more regular and closer together.

Doctors and midwives usually want to be notified when the contractions are five minutes apart.

At the end of first stage labor, the contractions are very intense and so close that they sometimes run into each other. This means the end is near!

During first stage labor, Mom's body is moving the baby down into the pelvis while her own cervix thins out and gets wider. It is an amazing process!

Second Stage Labor

The second stage of labor is when Mom pushes the baby through the birth canal and out into the world. Mom pushes with each contraction and rests between the contractions. When the baby's head fully appears, it is called "crowning", so when someone says, "I see the head" or "the baby's crowning," you know that baby is here!

This is the magical moment when a Mom forgets the pain and is enthralled with her precious newborn. Often the baby will be placed on Mom's tummy before the cord is cut so baby can hear Mom's heartbeat (a familiar sound) and be warmed by her body.

Third Stage Labor

The third stage of labor is when the placenta comes out. After all, there's no need any more for the amniotic fluid filled sac that held baby during pregnancy. Mom will give a little push and out it comes.

At this point, Mom is usually cold, tired, and shaky. She needs something to eat and drink. There may be a little tearing that the doctor or midwife will repair with stitches while Mom nurses the baby.

I think that you can see that childbirth truly is hard work, but the reward is a beautiful newborn baby!

Nursing

God created Mom's body so that it would continue to nourish her baby even after it is born and outside her body. Her breasts make milk for the baby to drink.

Why Breast Milk is So Good for Baby

God provided the ideal nutrition mix in breast milk for your baby. It has just the right mix of protein, fats, and carbohydrates. It also has antibodies in it that help babies fight off bacteria and viruses.

God also designed nursing a baby as a way for mother and baby to bond. Holding a baby close and experiencing the skin to skin contact gives baby a sense of security, comfort, and love.

Babies who are breastfed have fewer allergies, less trips to the doctor, and even higher I.Q.s. For a breastfeeding mother, nursing a baby lowers her risk of breast cancer and ovarian cancer. It's also a great way to burn calories and lose weight after baby is born.

All babies need is breast milk for the first six or more months of life.

If you breastfeed and don't give baby additional water or juice, your body will make more than enough milk. As the baby grows and needs more milk, your body will produce even more milk. It's just amazing!

When I was breastfeeding in public, I used a blanket to stay modest, but sometimes as the baby got older, she would move so much, it would slide off. So, I just made a big poncho that I slipped over my head. Baby stayed under nicely.

Believe it or not, you need more calories when you are breastfeeding than when you are pregnant. Moms need to make sure they get plenty of protein in their diet, along with all the other nutrients.

I love this poster on the next page from India's National Health Ministry. It promotes Moms to breastfeed their babies.



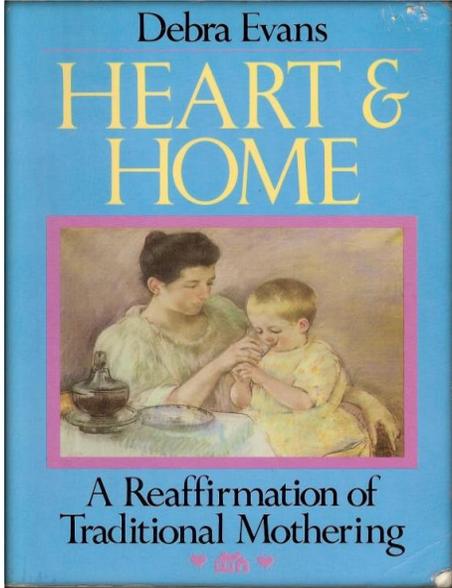
Breastfeeding Poster from India's government



Nursing Discreetly at a park

Heart & Home: A Reaffirmation of Traditional Mothering Book Review

By Debra Evans



Describe the author and her heart for her children?

Why are children so valuable, such a blessing?

How do mothers make a difference in the lives of their children? _____

How can a mother invest wisely in the lives of her little ones? _____

What did you learn in this book? _____

Week Three Meet with Mom

Discuss

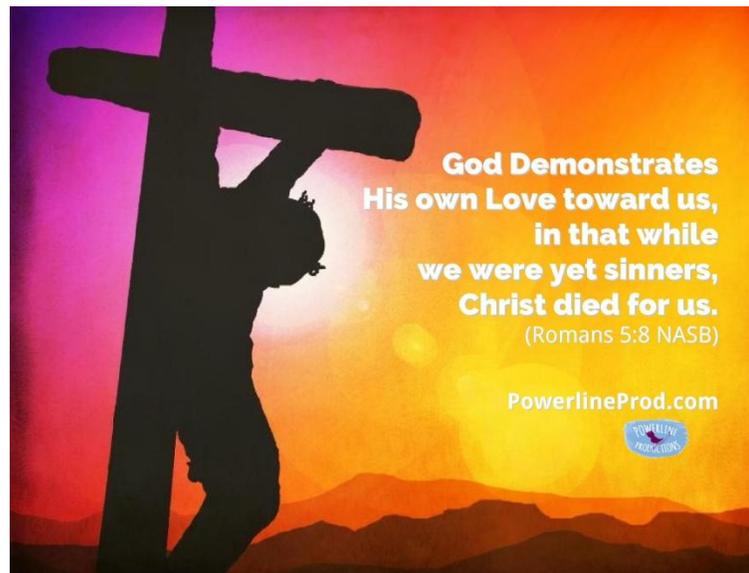
- *Heart & Home: A Reaffirmation of Traditional Mothering*
- Mom's Birth Experience with Daughter and Other Children

Project

- Visit a New Mommy

Prayer Focus:

- Future Motherhood for Daughter
- Mom's Present Motherhood Adventure to be Joyful and Successful



Week Three Home

Memorize Isaiah 49:14-16 & Isaiah 40:11

Copy Isaiah 49:14-16 & Isaiah 40:11 in your favorite version of the Bible. We recommend the NASB, the NKJ, or the ESV.

Lined writing area for copying the Bible verses.



Caring for Babies

Nine months go by and suddenly baby is outside and Mom and Dad are in charge! It can be a little scary at first. Even though I had five children, each time I brought a newborn home from the hospital, I would say to Mike, "I don't remember babies being so small!"

Those First Few Days

Babies spend most of their first few weeks eating, sleeping, and filling their diapers. For Mom, it means lots and lots of nursing and very little sleep since baby likes to nurse at night, too.

Mom is also exhausted from the birth experience, so it is important for her to rest when baby is resting. Someone else will have to make meals, tidy the house, and watch the other children.

Keep baby's bottom warm and dry by changing diapers often (don't let them get soaked with urine) and making sure baby is completely clean and dry before putting on new diaper.

When babies fuss, they are often comforted by things that remind them of being snug inside mother's womb. Swaddling, or wrapping baby in a cozy blanket, holding baby against Mom or Dad's heart so he can hear the beating, or rocking her gently while holding her close. Most babies love to hear singing, too.

Until the baby's umbilical cord falls off, you will want to sponge bathe baby with warm, not hot, water and a mild baby soap.

Make sure you support baby's head and neck when holding him.

Baby Layette

"Baby Layette" is a fancy term for the clothing, baby care, and bedding items you will need at home for your newborn baby.

Baby Clothes & Blankets You Will Need

- Super cute outfit for church and coming home from hospital/birthing center
- 5 Receiving blankets
- 10 little outfits
- 7 Onesie shirts that snap at the bottom
- 7 sleeping gowns or pajamas
- 6 Pairs of socks

- 2 Hats to keep baby's head warm

Diapering & Bathing Items You Will Need

- Disposable Diapers (even if you use cloth diapers, you will want some back-up disposable ones)
- Cloth Diapers (I recommend a diaper service if using cloth diapers)
- Baby Wipes
- Diaper Rash Ointment like Bag Balm or Desitin
- Baby Shampoo/Body Wash
- Baby Lotion
- 2 Hooded towels for Baby
- 5 Washcloths for Baby
- Baby Nail Clippers
- Baby Comb & Brush
- Digital Thermometer
- Nasal Bulb
- 3 Crib Fitted Sheets
- 3 Waterproof crib mattress pads
- Crib blankets or quilts
- 6 Burp cloths
- Baby bathtub

More Things You Will Need for Baby

- Diaper bag
- Stroller
- Car Seat
- Car Seat cover
- Baby swing
- Baby Monitor
- Baby Memory Book

A Typical Day

Here is an example of a typical baby day routine with baby. Just remember no two days are alike. This is just to give you a feel for life with a little baby.

6 a.m. Nurse baby in bed

7 a.m. Daddy plays with baby while you shower and dress

GOD'S GIRLS 101: GROW IN CHRIST

7:30 a.m. Baby lays on tummy. As he gets older, he'll begin to explore his world

8 a.m. Nurse baby in bed and both fall asleep.

9:30 a.m. Quick feeding and strap baby in carrier to get a few things done around the house.

10:30 a.m. Put baby in stroller and go for a quick walk around the block to get fresh air. If you have older children, they can ride their bikes.

11:00 a.m. Nurse baby in bed and both fall asleep.

12:00 a.m. When baby is older, this is a great time to put baby in a little walker so she can toddle around and explore the house

2 p.m. Nurse baby and put baby down in crib to sleep. Straighten or start dinner or spend time with older children.

4:30 p.m. Nurse baby in bed and both fall asleep.

6 p.m. Dad comes home and wakes Mom and baby up. Daddy plays with baby so Mom can fix dinner and get a few things done.

7 p.m. After dinner, put baby on an activity mat so he can wiggle and play with the toys.

8 p.m. Nurse baby and put her down to bed for the night. In a few hours, she will wake up to nurse again.

I think you get the picture. Babies are very time consuming.

Going Places with Baby

Going places with a baby takes a lot longer to get out of the house then you can imagine. It seems like there's a poopy diaper or baby spits up on Daddy's new shirt. So many things can delay you.

Make sure you have a car seat that is safe and comfortable for baby.

Always bring a diaper bag and make sure your diaper bag is stocked with essentials.

Here are things to Keep in your Diaper Bag:

- Changing Pad
- Blanket
- Nursing Cover-Up

- Diapers
- Wipes
- Bag Balm or Desitin
- Baby Toys
- Fresh Outfit for Baby
- Fresh Outfit for Mom in case baby spits up or poops on Mom

Changes in Baby's First Year

Baby goes through lots of changes his first year. All babies are different, but here is what most babies are like as they grow through their first year.

Newborns

- Communicate by crying
- See faces
- See best 8-12 inches away

1 Month Old Baby

- Likes sweet smells
- Responds to familiar smells
- Moves head side to side

2 Month Old Baby

- Begins to smile
- Follows things with eye
- Starts to lift head
- Comforted by touch
- Recognizes Mom
- Starts to lift shoulders when on tummy

3 Month Old Baby

- Makes eye contact with people, especially Mom
- Mimics sounds
- Starts to babble
- "Bats" at dangling objects
- Opens & closes hands
- Turns head away when bored

GOD'S GIRLS 101: GROW IN CHRIST

- Starts to have different cries for different needs

4 Month Old Baby

- Begins teething
- Holds head steady
- Reaches for toys with one hand
- Starts to giggle and laugh
- Looks at things far away
- Copies facial expressions

5 Month Old Baby

- Sees colors more clearly now
- Listens to voices, especially Mom's
- Puts everything in mouth
- Loves to look in a mirror at self

6 Month Old Baby

- Laughs & giggles
- Starts to sit up
- Rolls from stomach to back
- Starts to creep on the floor (not true crawling yet)

7 Month Old Baby

- Sees color perfectly
- Hearing fully developed
- Puts weight on legs when you hold baby upright
- Enjoys dropping things on the floor
- Plays simple games like peekaboo

8 Month Old Baby

- Sits up without assistance
- Can distinguish different shapes
- Stands while holding on to something

9 Month Old Baby

- Understands “Object Permanence” (things are still there even if he can’t see them)
- Starts to crawl
- Understands “No” & “Mama” and “Dada”
- Has favorite toys
- Points at things with fingers

10 Month Old Baby

- Pulls himself up to stand
- Moves around furniture while holding on
- Gets in sitting position without help
- Picks things up with thumb and pointer finger
- Starts saying, “Mama” and “Dada”

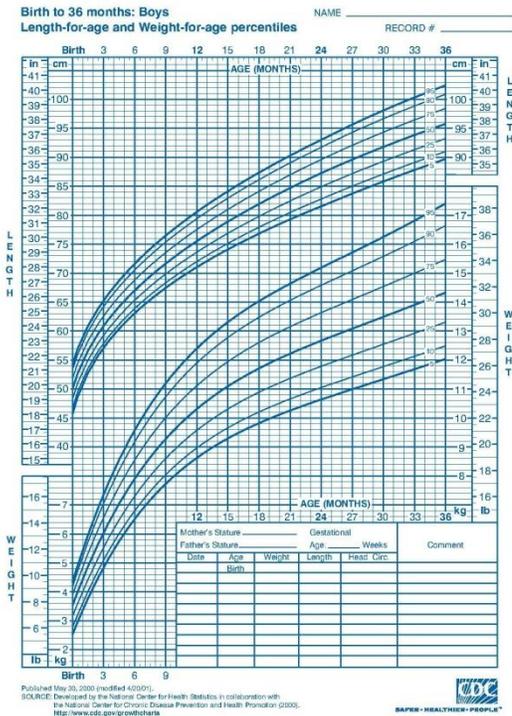
11 Month Old Baby

- Looks and Listens at the same time
- Understands one-step commands
- Sits for longer periods of time
- Can crawl up stairs (but make sure you are there!)
- May develop separation anxiety
- Looks at and listens to picture books read aloud

1 Year Old Baby

- Responds to simple requests & directions
- Waves
- Shakes head to mean no
- Looks at object if you call out its name
- Stands Alone
- Can drink from a cup
- Make take a few steps or start walking

GOD'S GIRLS 101: GROW IN CHRIST



When?	How many?	Where?
7-9 years	12 baby teeth 12 permanent teeth	upper lower
9-11 years	8 baby teeth 16 permanent teeth	upper lower
10-12 years	4 baby teeth 20 permanent teeth	upper lower
11-12 years	0 baby teeth 24 permanent teeth	upper lower
12-13 years	0 baby teeth 28 permanent teeth	upper lower
17-22 years	0 baby teeth 32 permanent teeth	upper lower

Your teeth and what they do
Each of your teeth is different because they perform different functions to help you eat.

 Incisors (front teeth) -have sharp, thin edges for cutting food.	 Canines/Cuspids (corner teeth) -designed for cutting and tearing food.
 Premolars/bicuspids (back teeth) -have cusps for grasping and tearing food.	 Molars (back teeth) -have short, blunt cusps for grinding solid food.

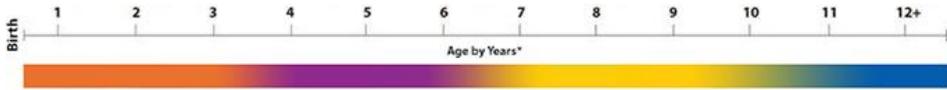
Normal Growth Chart Birth to 3 Years (c) CDC & Teeth Arrival Ages (c) US gov both photos public domain.

Ways to Nurture Baby

There is so much you can do to help baby grow healthy, wise, and strong.

- Moms can talk to baby a lot because she already knows and recognizes Mom's voice
- Read to baby. It's never too young to start reading to baby
- Sing to baby and play music. Babies love music!
- Answer baby when she coos and babbles. Repeat his sounds and add real words when you answer him
- Cuddle and hold baby all the time. You can't give too much affection to baby
- Play with your baby
- Read Scripture to your baby
- Make up songs about your baby and sing them to him or her

Using the correct car seat or booster seat can be a lifesaver: make sure your child is always buckled in an age- and size-appropriate car seat or booster seat.



			
<p>REAR-FACING CAR SEAT</p> <p>Birth until age 2-4 Buckle children in a rear-facing car seat until they reach the maximum weight or height limit of their car seat. Keep children rear-facing as long as possible.</p>	<p>FORWARD-FACING CAR SEAT</p> <p>After outgrowing rear-facing seat until at least age 5 When children outgrow their rear-facing car seat, they should be buckled in a forward-facing car seat until they reach the maximum weight or height limit of their car seat.</p>	<p>BOOSTER SEAT</p> <p>After outgrowing forward-facing seat and until seat belts fit properly Once children outgrow their forward-facing seat, they should be buckled in a booster seat until seat belts fit properly. Proper seat belt fit usually occurs when children are 4 feet 9 inches tall and age 9-12.</p>	<p>SEAT BELT</p> <p>Once seat belts fit properly without a booster seat Children no longer need to use a booster seat once seat belts fit them properly. Seat belts fit properly when the lap belt lays across the upper thighs (not the stomach) and the shoulder belt lays across the chest (not the neck).</p>

Keep children ages 12 and under properly buckled in the back seat. Never place a rear-facing car seat in front of an active air bag.

**Recommended age ranges for each seat type vary to account for differences in child growth and height/weight limits of car seats and booster seats. Use the car seat or booster seat owner's manual to check installation and the seat height and weight limits, and proper seat use.*

Child safety seat recommendations: American Academy of Pediatrics.
Graphic design: adapted from National Highway Traffic Safety Administration.
www.cdc.gov/motorvehiclesafety/cps



Car Safety Poster (c) CDC public domain.

Baby Names

Names are special and it's fun to pick out baby names. Have you thought about what you want to name your baby? This week you will have fun picking out baby names.



Girl Baby Names I Like

With a baby book or researching online, find some girl baby names that you like and might want to use one day for your children. Make sure you look up their meaning. In the Bible, names are significant. God even changed people's names: Abram to Abraham, Saul to Paul, Simon to Peter.

Girl Baby Names I Like	Meaning of Name

Boy Baby Names I Like

With a baby book or researching online, find some boy baby names that you like and might want to use one day for your children. Make sure you look up their meaning. In the Bible, names are significant. God even changed people's names: Abram to Abraham, Saul to Paul, Simon to Peter.

Boy Baby Names I Like	Meaning of Name

Week Four

Serve As Mom's Helper

Once a month, you will serve a Mom or Mom-to-be (must have the baby within 3 months of starting this course). You must spend time helping with the children or preparing for the new baby.

Think of this as an apprenticeship. You are studying under a Mommy and you will learn by doing.

Here are ways that you can serve a Mom-to-Be:

- Prepare the nursery
- Put together the Layette (see first month, Becoming a Mom week 3)
- Paint the nursery
- Wash baby clothes and put them away
- Prepare hospital bag for the birth
- Visit a birthing class with Mom-to-be and Dad-to-be

Here are ways you can serve a Mom:

- Play with the children
- Bathe and dress children
- Take children on a walk
- Read books to children
- Help children clean their room or playroom
- Do art projects with children
- Watch the baby so Mom can homeschool
- Fix lunch for and feed children
- Babysit so Mom can take a nap
- Babysit so Mom can run an errand



Mom's Helper Experience

Who I served: _____

What I did: _____

Did you enjoy your ½ day? _____ Why or why not? _____

Plans for next time: _____

Photo of My Day:



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Homeschooling High School to the Glory of God

If your homeschooling journey includes high school and you are looking classes or for some ideas on designing your own classes, then you are the person I am writing for. This series is for you and your family!

When my oldest daughter was 12, I began planning her high school curriculum using living books. There were so many things on my heart for her to learn, books I wanted her to read, and dreams I had for her high school education. I designed her entire high school curriculum. This curriculum has been adapted for my next two daughters and Laura's oldest sons. They have been the guinea pigs so that their younger siblings can have the best classes possible.

My classes have been, are, and will be adapted to every child to fit their own needs and designed to take advantage of opportunities that arise, such as coop classes, vacations, and seminars. This series is simply my philosophy of educating my high school children at home, along with classes we have used in our family over the years. Hopefully, you will be inspired to create your own classes! Or, you can adapt my classes however you would like to! After all, you are the teacher!

My goal for high school is to provide a general education that can be a springboard to any and every possible career and education path that exists for my children. That is a HUGE goal, so I may not reach it, but if I aim for nothing I'll hit nothing, so I am aiming for something BIG! With that in mind, I try to cultivate and develop gifts, talents, and goals. I don't expect my teenager to know what he/she is going to want to do for the rest of his/her life, so I try to prepare for ALL possibilities.

Here is our family's *God's Girls 101: Grow in Christ* course. I hope you and your high school children will enjoy it as much as we have. May it be a blessing! Feel free to adapt this class any way you want to. After all, you are the teacher!

This is the just one of the classes in the Homeschooling to the Glory of God series. There are more classes and collections of classes available and coming soon.

Here is a list of individual classes that are available now!

- *New Testament Survey*
- *Old Testament Survey*
- *Worldview Course: Understand the Times*
- *Great Commission*
- *Web Design 101*
- *Economics, Personal Finances, & Business*
- *British Literature*
- *American Literature & Research*

GOD'S GIRLS 101: GROW IN CHRIST

- *Who-Dun-It Murder Mystery Literature & Writing*
- *Foundations of Western Literature*
- *Communication 101: Essays & Speeches*
- *Music 101: Make a Joyful Noise*
- *Real Men 101: Godly Manhood*
- *Real Men 102: Freedom, Courtship, Marriage, and Family*
- *Real Men 103: Leadership*
- *Real Men 104: Pass the Torch*
- *God's Girls 101: Grow in Christ*
- *God's Girls 102: Virtuous Womanhood*
- *God's Girls 103: Courtship, Marriage, and the Christian Family*
- *God's Girls 104: Motherhood*
- *God's Girls 105: Homemaking*
- *God's Girls 106: Friendship, Hospitality, & Celebrations*
- *God's Girls 107: How to Homeschool*

Here is a list of How-To-Homeschool High School books in the series!

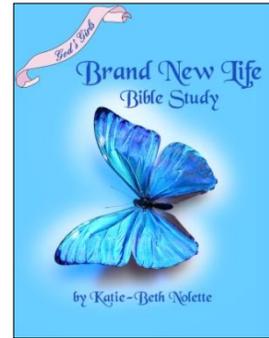
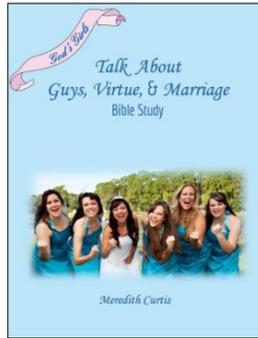
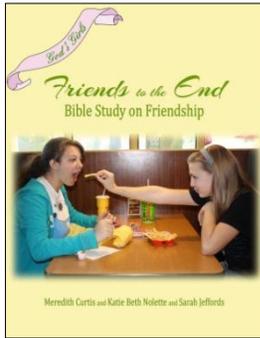
- *Unlocking the Mysteries of Credits, Classes, & Transcripts*
- *Teaching Literature in High School with Classes You Can Use*
- *Teaching Writing in High School with Classes You Can Use*

Happy Homeschooling! And remember to Homeschool to the Glory of God!

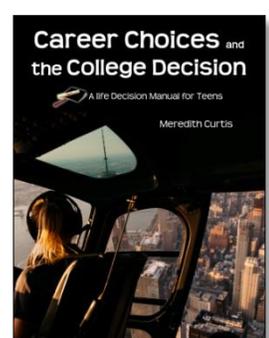
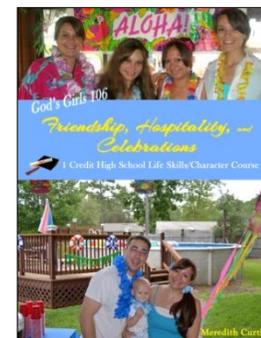
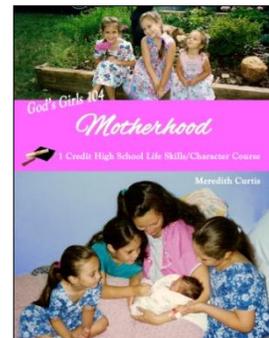
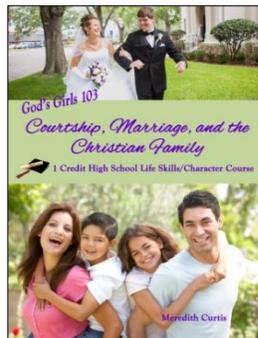
Meredith Ludwig Curtis

MEREDITH CURTIS

God's Girls Bible Studies

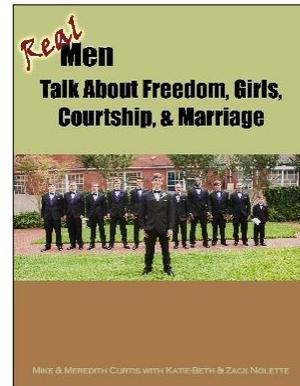
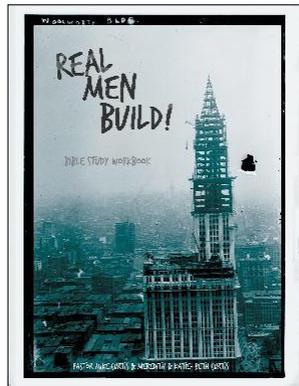
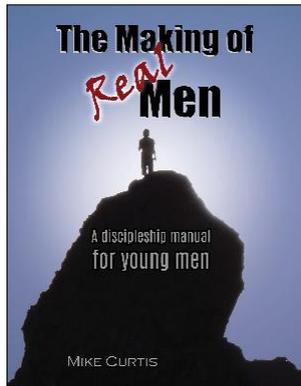


God's Girls Classes



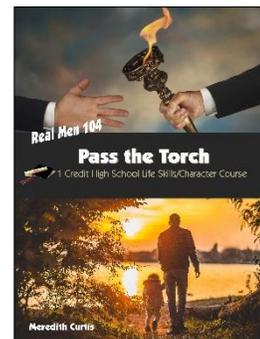
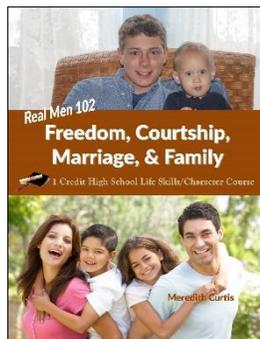
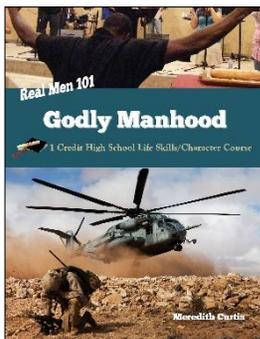
Real Men Discipleship Manuals

God calls fathers to impart life to their sons, passing the baton in the race of faith. These Bible studies were created for fathers (or mentors) to go through this material with their sons. Pastor Mike Curtis used these materials to mentor his own son and other young men in the church. These manuals cover tough issues that fathers and sons need to talk about and live out in their lives.



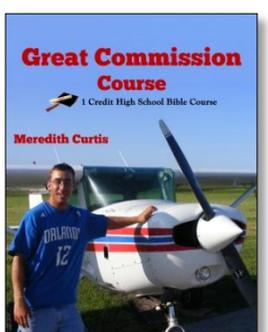
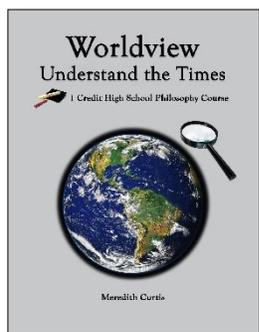
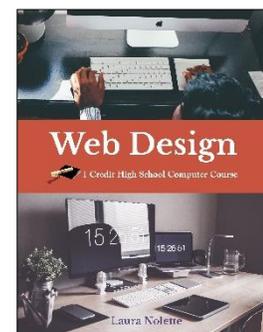
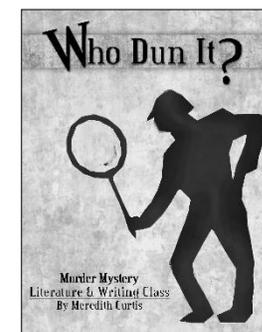
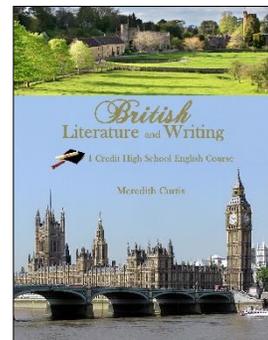
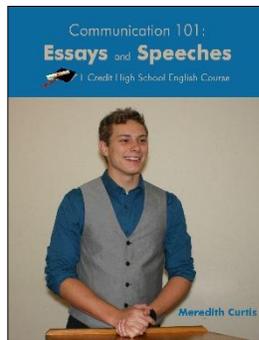
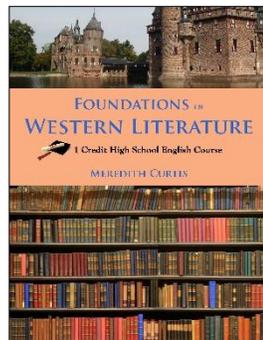
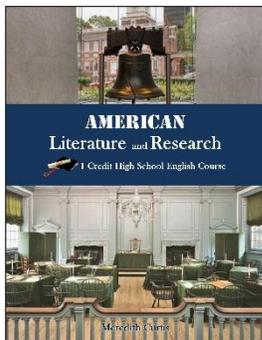
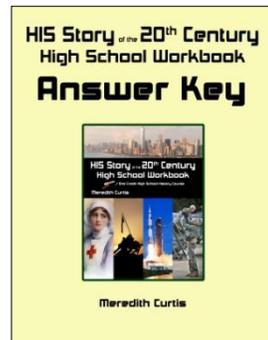
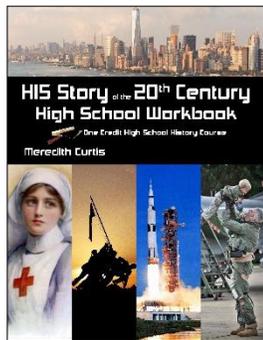
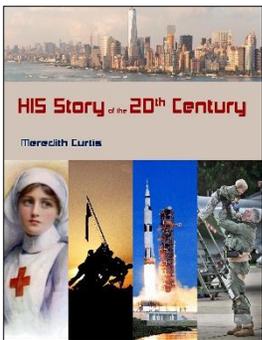
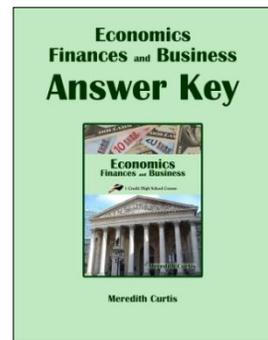
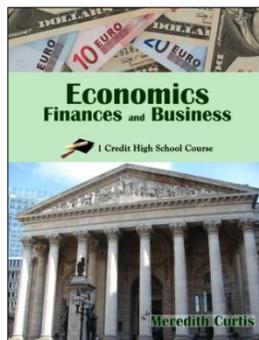
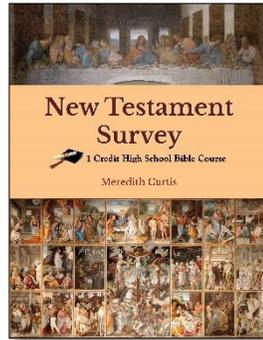
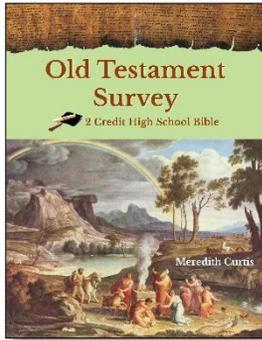
Real Men Classes

Do you want to prepare your sons to become godly husbands, fathers, church leaders, and pillars in their communities? These one-credit high school life skills classes build character and prepare young men for the future. Using living books, Scripture, and practical assignments, young men will learn to become the man God has called them to be.



MEREDITH CURTIS

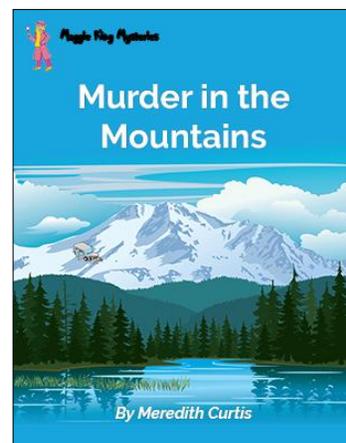
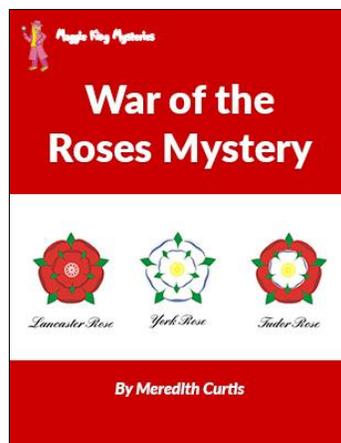
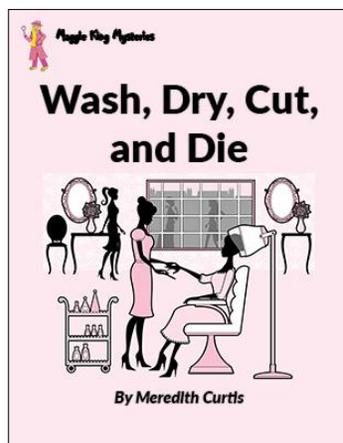
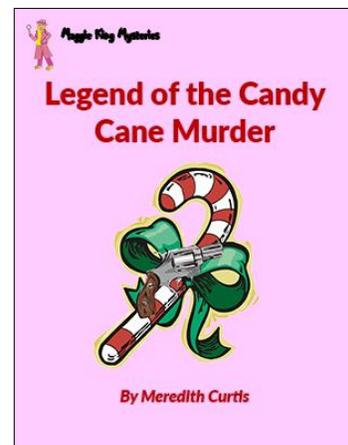
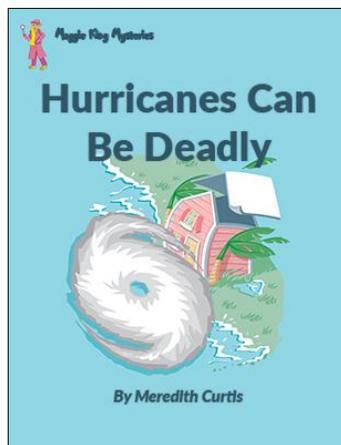
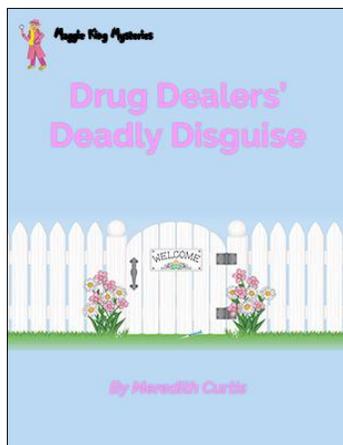
High School Classes



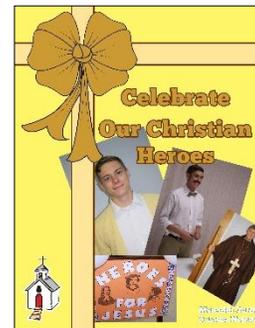
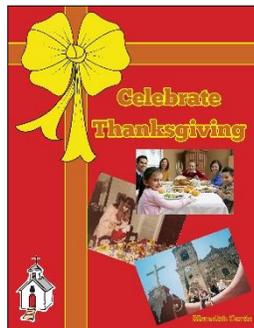
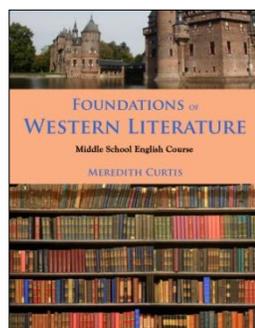
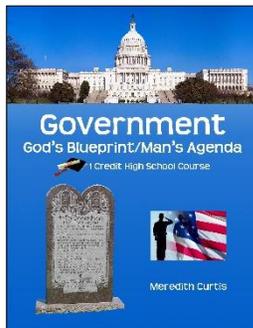
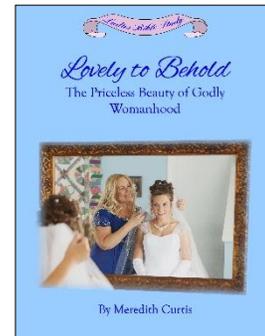
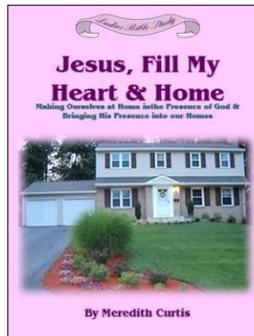
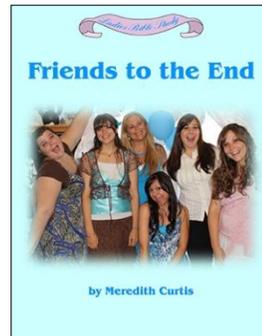
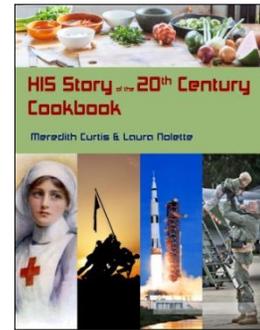
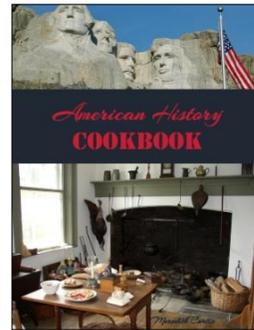
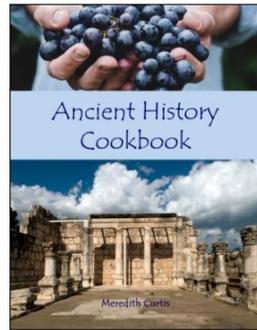
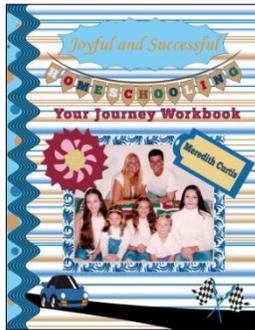
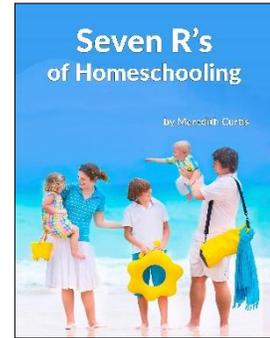
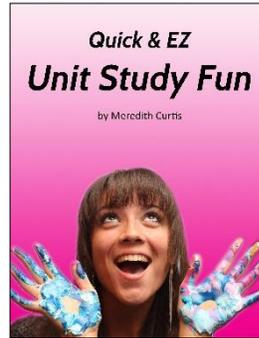
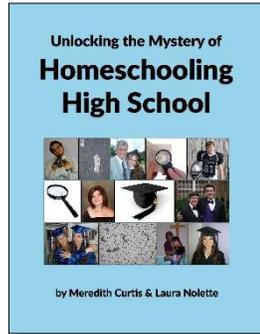
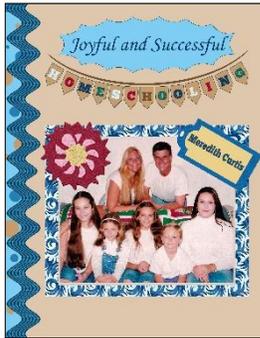


Maggie King Mysteries

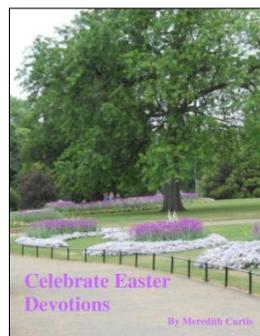
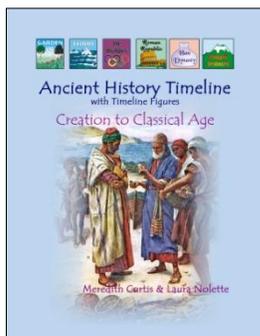
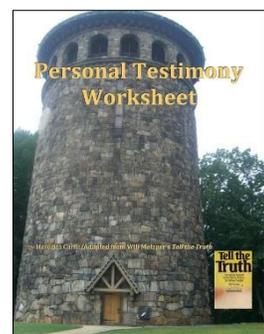
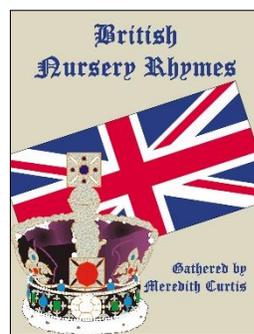
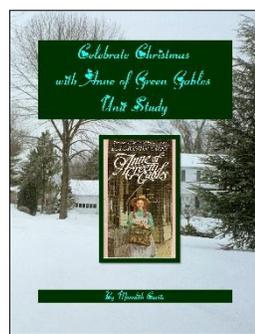
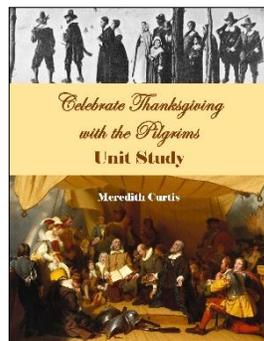
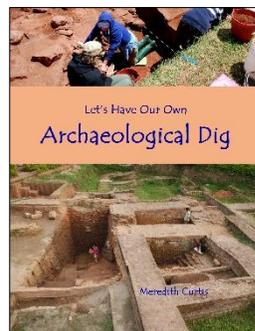
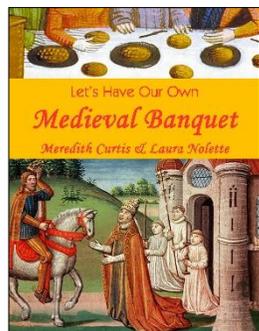
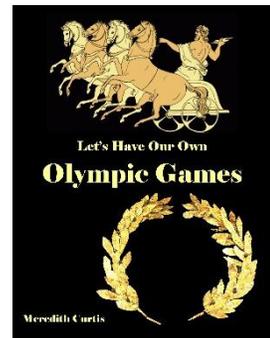
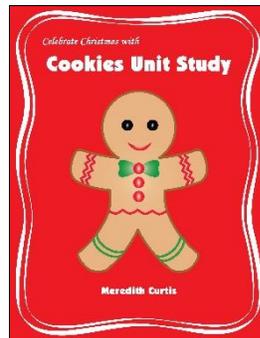
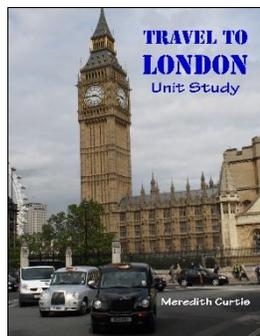
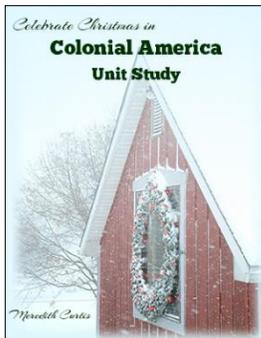
If you like cozy mysteries, you will love this series! Meet Maggie King, a pastor's wife and homeschool mom who keeps stumbling across dead bodies. With her sidekicks, Sophia and Mary-Kate and her curious children, Maggie is on one adventure after another.



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About the Author



Meredith Curtis, a pastor's wife and homeschooling mom of five children, leads worship, mentors ladies, and, sometimes, even cooks dinner. Her passion is to equip people to love Jesus, raise godly children, and change the world around them with the power of the Gospel. "Lives are changed in the context of relationships," Meredith often says, as well as, "Be a world changer! Raise world changers!" She enjoys speaking to small and large groups.

All inquiries can be made to the author, Meredith Curtis, through email: Meredith@powerlinecc.com or contact her through her websites: powerlineprod.com/

meredithcurtis.com/
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joyfulandsuccessfulhomeschooling.com/

Meredith is the author of several books.

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Seven R's of Homeschooling

Quick & EZ Unit Study Fun

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Celebrate Our Christian Heroes

HIS Story of the 20th Century

Meredith is the author of several cozy mysteries: The Maggie King Mysteries series.

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Legend of the Candy Cane Murder

Wash, Dry, Cut, & Die

War of the Roses Mystery

Murder in the Mountains

Meredith is the author of several Bible studies.

Lovely to Behold

A Wise Woman Builds

Jesus, Fill My Heart & Home

Welcome Inn: Practicing the Art of Hospitality in Jesus' Name

Friends to the End

God's Girls Beauty Secrets (with Sarah Jeffords)

God's Girls Friends to the End (with Katie-Beth Nolette & Sarah Jeffords)

God's Girls Talk about Boys, Dating, Courtship, & Marriage

GOD'S GIRLS 101: GROW IN CHRIST

Meredith is the author of several unit studies, timelines, and cookbooks.

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Celebrate Christmas in Colonial America

Celebrate Christmas with Cookies

Travel to London

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Meredith is the author of several high school classes.

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