



## Learn, Equip and Parent (L.E.A.P.)

Welcome to LEAP, our free parenting program for moms like you! If you want to be a prepared, confident, and loving parent from Day 1, then this program is for you.

You get customized courses (about 30 minutes each) tailored to your needs from a nationally-recognized service called BrightCourse. All online and completely free! But even better - - when you have completed all the courses, you earn one of our Bundles4Babies with over \$350 in supplies **PLUS** 6 months of diapers for **FREE**.

Here's what you need to do:

1. Choose **3 Learning Clusters** below that are the best fit for you
2. Complete each course in the given time (will be sent via text)
3. Each a \$350 Bundles4Babies bag **PLUS** 6 months of diapers (x2 packs of diapers/wipes each month)

**Breastfeeding Cluster**

0047 – Breastfeeding: Your Breast Milk

0048 – Breastfeeding: Starting Right – Good Latch

0049 – Breastfeeding: Positions and 1<sup>st</sup> Weeks

**Fatherhood Cluster - Lessons texted to you to forward to Dad**

0483 – Being a Father: Real Time

0484 – Being a Father: Being a Role Model

0485 – Being a Father: Being a Leader

0486 – Being a Father: Being Consistent

**Newborn First Days Cluster**

0021 – Infant Expectations

0022 – Infant Hygiene

0023 – Simple Infant Care

0384 – Shaken Baby Syndrome

**Infant Care Cluster**

0492 – Crying

0041 – Infant Nutrition

0375 – Getting Your Baby to Sleep

**Infant Safety Cluster**

0033 – Car Seat Safety

0037 – SIDS

0326 – Newborn Sickness

**“Not A First Time Mom” Cluster**

0385 – Creating Motivation

0386 – Creating Honesty

0387 – Creating Courage

0388 – Creating Kindness

Client's **Printed** Name: \_\_\_\_\_

Date: \_\_\_\_\_

Client's Signature: \_\_\_\_\_

Mobile #: \_\_\_\_\_

**Some things to keep in mind while viewing videos:**

1. Make sure before pressing play on each video, you HAVE THE TIME to watch it in one single setting.
2. You should keep going until it says, “**Lesson is now complete.**”
3. If you get a message that the “limit of streams is currently in use”, simply try again later.
4. You will have 14 days total to complete each lesson.
5. Each lesson includes a pre-test and post-test.
6. If you watch the video but don’t complete the post-test, it will not show the lesson has been completed. **You will have to re-watch the video to get back to the post-test.**
7. If you have chosen the Fatherhood cluster, please forward him the “*Being a Father*” texts.

Once he completes the lessons, we will be notified.

