



# alcove health

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

... for Dads!!

Welcome to LEAP, our free parenting program for dads 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.

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. Gain confidence that you are ready to be a Dad!

**Fatherhood Cluster**

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

0384 - Shaken Baby Syndrome

0023 - Simple Infant Care

**Infant Cluster Care**

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 Dad” Cluster**

0385 - Creating Motivation

0386 - Creating Honesty

0387 - Creating Courage

0388 - Creating Kindness

Printed Name: \_\_\_\_\_

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

Signature: \_\_\_\_\_

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

Email: \_\_\_\_\_

Client #: \_\_\_\_\_

## 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 cluster.
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.**