



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.

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. Earn 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 1st Weeks

Fatherhood Cluster - *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 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 Mom” Cluster

- 0385 - Creating Motivation 0386 - Creating Honesty
0387 - Creating Courage 0388 - Creating Kindness

Printed Name: _____

Date: _____

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 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.**
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.