



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 to take courses from a nationally recognized program, that are made to fit your needs. All online and completely **FREE!** And you get a gift designed especially for you!

Here is what you need to do:

- **Choose 3 Learning Clusters** from below
- **Complete** each course in the given time (link will be sent via text)
- **Call the clinic** to set up a time to pick up your gift – waiting just for you, Dad!

☐ **Fatherhood Cluster: Being a Father**

0483 - Real Time

0484 - Being a Role Model

0485 - Being a Leader

0486 - Being Consistent

☐ **Fatherhood Adventure Cluster**

PF 0489 - Taking Care of Her During Pregnancy

PF 0490 - Taking Care of Her During Birth

PF 0491 - Taking Care of Them Postpartum

PF 0492 - Baby Care Basics for Dad

☐ **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 - Care Seat Safety

0326 - Newborn Sickness

0037 - SIDS (Sudden Infant Death Syndrome)

0039 - Infant CPR

☐ **“Not a First Time Dad” Cluster**

0385 - Creating Motivation

0386 - Creating Honesty

0387 - Creating Courage

0388 - Creating Kindness

☐ **Toddler Safety/Wellness Center**

0328 - Safety

0329 - Illness

0330 - Nutrition

0331 - Oral Health

☐ Toddler Development

0455 - Potty Training

0493 - Toddler Play

0368 - The Importance of Words

0376 - Tantrums

☐ Toddler Bonding/Routines

0377 - Bonding with Your Toddler

0366 - Sleeping, Bedtimes, Mornings

0367 - Time with Toddlers

Some things to keep in mind while viewing videos:

1. Before you begin each video, MAKE SURE YOU HAVE TIME to watch the whole video at once.
2. Keep watching until it says, **“Lesson is now complete.”**
3. If you get a message that says the *“limit of streams is currently in use,”* TRY AGAIN LATER.
4. You will have 14 days to complete each lesson.
5. Each lesson includes a pre-test and post-test of 5 to 10 multiple-choice questions.
6. If you do not watch the whole video or do not complete the post-test, the lesson will not be counted as completed. **You will have to re-watch the video to get back to the post-test.**

The links to access your clusters will be sent to you via text at 24 weeks, 28 weeks, and 32 weeks. The link will only work for 14 days. If you do not complete the cluster within 14 days, you may call to ask for more time to complete the cluster. We will allow 7 more days. If the cluster is not completed within 7 days, we will disenroll you from the program, so you will not continue to receive texts. If you wish to re-enroll, you may call the clinic at 757-591-8141.

At 36 weeks, if you’ve completed all three clusters, you may pick up your gift. Please call to schedule pick-up 48 hours in advance.

Client’s Printed Name

Father’s Printed Name

Father’s Signature

Date

Mobile Phone Number