



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 to take courses from a nationally recognized program, that are made to fit your needs. All online and completely free! But even better--when you've completed all the courses, you will have earned one of our Bundles4Babies with over \$350 in needed baby items. **PLUS** 6 months of diapers **FOR FREE**.

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 Bundles4Babies. Please call at least 48 hours ahead.

☐ **Breastfeeding Cluster: Pregnancy & Birth Pack - Feeding Your Baby - Breastfeeding**

PB 0640 - Getting Started

PB 0641 - Successful Breastfeeding

PB 0642 - Problems & Solutions

☐ **Newborn First Day Clusters**

0021 - Infant Expectations

0022 - Infant Hygiene

0023 - Simple Infant Care

0384 - Shaken Baby Syndrome

☐ **Infant Care Clusters**

0492 - Crying

0041 - Infant Nutrition

0375 - Getting Your Baby to Sleep

☐ **Infant Safety Clusters**

0033 - Car Seat Safety

0326 - Newborn Sickness

0037 - SIDS (Sudden Infant Death Syndrome)

0039 - Infant CPR

☐ **"Not a First Time Mom" Cluster**

0385 - Creating Motivation

0386 - Creating Honesty

0387 - Creating Courage

0388 - Creating Kindness

☐ **Toddler Safety/Wellness Cluster**

0328 - Safety

0329 - Illness

0330 - Nutrition

0331 - Oral Health

Please see back for additional clusters and important information.

☐ 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.
7. You may pick up diapers and wipes each month for the first 6 months after your child is born.
Items that are not picked up do not automatically carry over to the next month. Call the clinic at least 24 hours ahead to set up a time to pick up your diapers and wipes.

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 bundle of baby items. Please call to schedule pick-up 48 hours in advance.

Client’s Printed Name

Date

Client’s Signature

Mobile Phone Number