

PATHWAYS TO EDUCATION

Incentive Program Catalog

First Quarter 2022



SIERRA
PREGNANCY + HEALTH

Getting Started

What Is It: Our empowered parenting program is run through a learning platform called BrightCourse. It is a FREE comprehensive life skills program of over 220 classes in video format accompanied with worksheets and quizzes covering a wide variety of topics for both women and men equipping you both with the skills needed to successfully navigate common challenges people face.

Who's It For: Everyone! No matter your age if you are a parent, you can benefit from BrightCourse classes.

Benefits Of Participation: In addition to receiving skills that will help you start living the life you want to live within your home and community, you will EARN practical incentives. Once you complete enough classes to earn the incentive you desire, the Program Manager will schedule you to come in for your Resource-Pick up Appointment. This is a quick 30-minute appointment where you will receive the item you have earned. *Please note: due to availability, the items you earn may not be the same model or brand listed in this Catalog.*

Class Structure: You will have access to 5 classes at a time. Once those classes are complete, you will gain access to more. All classes have a video, worksheet, and quiz component. You will earn 1 unit per component completed. This means you will earn 3 units per class. The Program Manager will keep track of your completed classes and earned units.

Class Location: Classes can be done on your smartphone, computer, or tablet from the comfort of your own home during a time that is right for you. (All pregnancy classes will be held in person at SPH. Registration is required online. Space is limited).

How To Get Started: Fill out the Pathways to Education: Online Class Authorization Form OR scan the QR code below. Our Training + Education Manager will contact you within the week via email and text with all the details to get you started in your customized program.

Version of Catalog: Once a quarter this Catalog is updated. Incentive items may be removed or new items added. The number of classes for an Incentive may also change.



ALL IN ONE CAR SEAT

4 to 120 lbs

35 Classes



SWING + BOUNCER COMBO

3 months to 36 months

25 Classes



JOGGING STROLLER

0 to 50 lbs

30 Classes



PACK N' PLAY

Weights Vary

25 Classes



BUNDLE PACK

Pregnancy Pillow + Baby Monitor + 3 Pairs Pajamas + 6 Outfits

35 Classes



3 IN 1 HIGH CHAIR

3 months to 36 months

30 Classes



DIAPER BAG BACKPACK

includes:

1 pack newborn diapers and baby wipes

15 Classes



WATERFALL DISCOVERY WALL

12 Classes



ROCKING HORSE

5 Classes



VTECH GO! GO! SMART WHEELS

5 Classes



PUSH CAR

12 Classes



WOODEN WALKER

14 Classes



FIRST AID KIT

5 Classes



DOUBLE STROLLER

35 Classes



CHROMEBOOK

26 Classes



TOOLBOX

25 Classes



COOKING GIFT SET

30 Classes



FLOOR CLEANING KIT

30 Classes



BrightCourse Lessons

PREGNANCY/BIRTH:

PB-0371	Your First Trimester	30 min.
PB-0362	Prenatal Care	18 min.
PB-0370	Eating for Two	23 min.
PB-0004	Your Ultrasound Appointment	18 min.
PB-0499	First Trimester Expectations	21 min.
PB-0373	Your Second Trimester	25 min.
PB-0007	Emotions of Pregnancy	25 min.
PB-0372	What is Safe in Pregnancy	24 min.
PB-0009	Bonding with Your Unborn	19 min.
PB-0500	Second Trimester Expectations	22 min.
PB-0374	Your Third Trimester	26 min.
PB-0383	The Final Stretch	21 min.
PB-0013	Unborn Baby's Secret World	16 min.
PB-0014	Big Belly Mommy Hacks	28 min.
PB-0501	Third Trimester Expectations	23 min.
PB-0566	Labor Expectations	15 min.
PB-0481	Preparing for a C-Section	25 min.
PB-0363	Getting Ready: Nesting	20 min.
PB-0589	Labor and Delivery Getting Ready	23 min.
PB-0018	Eye Contact Means Love	11 min.
PB-0019	Infant Temperament	11 min.
PB-0020	The Importance of Bonding	12 min.
PB-0021	Infant Expectations	20 min.
PB-0022	Infant Hygiene	22 min.
PB-0023	Simple Infant Care	19 min.
PB-0024	Caring for Yourself After Birth	30 min.
PB-0318	Postpartum Depression	28 min.
PB-0026	Going it Alone	25 min.
PB-0319	At Risk Pregnancies	24 min.
PB-0028	Smoking/Drinking/Drugs	38 min.
PB-0384	Shaken Baby Syndrome	17 min.
PB-0565	Expecting Twins and More	24 min.
PB-0046	Breastfeeding: Goals & Benefits	29 min.
PB-0047	Breastfeeding: Your Breast Milk	19 min.
PB-0048	Breastfeeding: Starting Right-Good Latch	32 min.
PB-0049	Breastfeeding: Positions & 1st Weeks	24 min.
PB-0050	Breastfeeding: Your Milk Supply & You	23 min.
PB-0476	Breast Pumps and Briefcases	98 min.
PB-0051	Labor 101: Intro and Options	20 min.

PARENTING CONTINUED:

Value Packed Parenting		
PP-0468	The 10 Best Gifts to Give Your Kids	36 min.
PP-0469	How to Listen/Talk to Kids	36 min.
PP-0470	Discipline Isn't Spelled PUNISHMENT	35 min.
PP-0471	Improve Your Child's Self-Confidence	34 min.
PP-0472	Caution: Anger Ahead	38 min.
PP-0473	Birth Order	35 min.
PP-0474	Standing Up to Technology	35 min.

COPARENTING: Partnering with CoParenting International

Each lesson is created differently for four different client types: Step Dads, Step Moms, Single Dads and Single Moms.

OH-0504-0508	There is Hope!	21-33 min.
OH-0509-0512	Stable Parent, Stable Home	24-35 min.
OH-0513-0516	Co-parent Communication	28 min.
OH-0517-0520	Meetings & Handling the Handoff	21 min.
OH-0521-0524	6 Risks for Children After Divorce	21 min.
OH-0525-0528	Holidays, Special Occasions & School	21 min.
OH-0529-0532	Critical Issues	35 min.
OH-0533-0537	Abuse, Addiction & Abandonment	31-43 min.
OH-0538-0541	Dating & ReMarriage	12-29 min.
OH-0542-0545	Beyond Child Support	38 min.

LIFE SKILLS:

LS-0447	Taking Care of Hygiene	22 min.
LS-0450	Screen Time and You	21 min.
LS-0451	Depression and Suicide	25 min.
LS-0452	Home Health (housecleaning)	18 min.
LS-0453	Anger Management	24 min.
LS-0186	Fighting the impulse to Spend	18 min.
LS-0187	The Monster of Debt	18 min.
LS-0188	Credit Cards, Friend or Foe?	18 min.
LS-0189	Financial Emergencies	16 min.
LS-0190	Budgeting 101	14 min.
LS-0191	Credit Scores	14 min.
LS-0192	Buying a Car	19 min.

PREGNANCY/BIRTH (CONT.):

PB-0052	Labor 101: Interventions & Labor	14 min.
PB-0053	Labor 101: Moving Through Labor	20 min.
PB-0054	Labor 101: What to Expect	35 min.
PB-0055	Labor 101: Infant Care	8 min.

FIRST YEAR:

FY-0322	Mommy Work	16 min.
FY-0323	Being a Super Mom	19 min.
FY-0033	Car Seat Safety	39 min.
FY-0364	Mommy Nutrition	22 min.
FY-0035	Preventing Child Sexual Abuse	29 min.
FY-0352	Immunizations	29 min.
FY-0037	SIDS	22 min.
FY-0326	Newborn Sickness	25 min.
FY-0039	Infant & Child CPR	20 min.
FY-0041	Infant Nutrition	22 min.
FY-0042	Baby On the Move	26 min.
FY-0375	Getting Your Baby to Sleep	18 min.
FY-0482	Crying	24 min.
FY-0448	Quality Child Care	21 min.
FY-0475	Understanding your Infant	21 min.
FY-0477	Infant Expectations: 0-3 Months	24 min.
FY-0478	Infant Expectations: 3-6 Months	20 min.
FY-0479	Infant Expectations: 6-9 Months	20 min.
FY-0480	Infant Expectations: 9-12 Month	19 min.
FY-0584	Dunstan Baby Language Lesson 1	10 min.
FY-0585	Dunstan Baby Language Lesson 2	23 min.
FY-0586	Dunstan Baby Language Lesson 3	10 min.

TODDLER:

TP-0111	Toddler Mommy Milestones	22 min.
TP-0112	Toddler Dev. Milestones 12-15	24 min.
TP-0113	Toddler Dev. Milestones 15-18	19 min.
TP-0114	Toddler Dev. Milestones 18-24	22 min.
TP-0115	Toddler Dev. Milestones 24-36	21 min.
TP-0455	Potty Training	25 min.
TP-0378	Tantrums	19 min.
TP-0385	Whining	18 min.

LIFE SKILLS CONTINUED:

LS-0193	Career or Job?	16 min.
LS-0194	Staying out of Debt	15 min.
LS-0195	Your Financial Future	14 min.
LS-0312	Helping Children Process Change	18 min.
LS-0313	Family Stability Inside Change	21 min.
LS-0314	Getting Established	20 min.
LS-0315	What is a Family?	18 min.
LS-0317	Successful Family Living	22 min.
LS-0484	Preparing for a Job-Hard Truth	19 min.
LS-0485	Finding a Job	18 min.
LS-0486	Preparing for the Interview	16 min.
LS-0487	At the Interview	17 min.
LS-0488	Success at Work	16 min.

LOVE LESSONS

LL-0558	Sex is Awesome	8 min.
LL-0559	Pregnancy is Not A Disease	14 min.
LL-0560	STIs	19 min.
LL-0561	Character	18 min.
LL-0562	Porn	17 min.
LL-0563	Your Heart	17 min.
LL-0564	Protect Yourself	15 min.

SPECIAL CIRCUMSTANCES:

SC-0251	Healing from Abuse	19 min.
SC-0252	Post Abortion Healing	22 min.
SC-0253	Relationship Loss	21 min.
SC-0254	Domestic Violence	21 min.
SC-0255	Pregnancy Loss	21 min.
SC-0466	Child Abuse and Neglect	18 min.
SC-0378	Sex and You	26 min.
SC-0379	Sex: The Heart of the Matter	22 min.
SC-0380	STD/STI Avoidance	19 min.
SC-0381	Choosing Marriage	20 min.
SC-0382	Making the Commitment to Wait	18 min.

TODDLER (CONT.):

TP-0119	Siblings	25 min.
TP-0366	Sleeping, Bedtimes, Mornings	18 min.
TP-0377	Bonding with Your Toddler	20 min.
TP-0367	Time with Toddler	19 min.
TP-0368	The Importance of Words	19 min.
TP-0369	I Can Do It Myself	20 min.
TP-0493	Toddler Play	22 min.
TP-0327	Toddler Accidents	24 min.
TP-0328	Toddler Safety	22 min.
TP-0329	Toddler Illness	24 min.
TP-0330	Toddler Nutrition	20 min.
TP-0331	Toddler Oral Health	22 min.

PARENTING:

PP-0569	Parenting Without Shame 1	20 min.
PP-0570	Parenting Without Shame 2	15 min.
PP-0571	Parenting Without Shame 3	10 min.
PP-0572	Parenting Without Shame 4	11 min.
PP-0573	Parenting Without Shame 5	11 min.
PP-0574	Parenting Without Shame 6	15 min.
PP-0575	Parenting Without Shame 7	12 min.
PP-0576	Parenting Without Shame 8	11 min.
PP-0385	Creating Motivation	18 min.
PP-0386	Creating Honesty	19 min.
PP-0387	Creating Courage	18 min.
PP-0388	Creating Kindness	19 min.
PP-0389	Creating Confidence	21 min.
PP-0390	AD/HD	25 min.
PP-0391	Autism	22 min.
PP-0392	Strong Willed Children	20 min.
PP-0393	Child Anger	21 min.
PP-0394	Sexual Behavior and Children	26 min.
Have a New Kid by Friday		
PP-0136	Monday: Wake Up to Reality	30 min.
PP-0137	Tuesday: Caution: Children Growing Up Here	29 min.
PP-0138	Wednesday: Staying Connected	29 min.
PP-0139	Thursday: Check Your Attitude	32 min.
PP-0140	Friday: The Amazing Race	30 min.
PP-0438	Fun Day: Lemon Secrets For Enjoying	35 min.
PP-0284	Single Parenting & Deployment	20 min.
PP-0285	Family Unity: Deployment Return	21 min.

* Will be added to BrightCourse as (continued on back) completed throughout 2021.

POSITIVE PARTNERSHIPS:

RS-0226/0221	Healthy Boundaries (Women/Men)	21/19 min.
RS-0227/0222	Cohabitation (Women/Men)	12/11 min.
RS-0228/0223	Marriage Choice (Women/Men)	16/13 min.
RS-0229/0224	Staying Married (Women/Men)	24/21 min.
RS-0230/0225	Single Parenting (Women/Men)	17/20 min.

FATHERHOOD LESSONS:

PF-0482	Being a Father: The Two Questions	24 min.
PF-0483	Being a Father: Real Time	25 min.
PF-0484	Being a Father: Being a Role Model	22 min.
PF-0485	Being a Father: Being a Leader	23 min.
PF-0486	Being a Father: Being Consistent	18 min.
PF-0233	Practical Fatherhood: Respect for Mothers	17 min.
PF-0236	Practical Fatherhood: Discipline Foundation	18 min.
PF-0237	Practical Fatherhood: Discipline Guidelines	16 min.
PF-0238	Practical Fatherhood: Situational Discipline	19 min.
PF-0487	Being a Father: Loving Discipline	23 min.
PF-0488	Being a Father: Practical Discipline	26 min.

BIBLE STUDY:

BS-0577	Giving God Your Worst: Offering Your Worst to God	18 min.
BS-0578	Giving God Your Worst: Painful Truth & Forgiveness	19 min.
BS-0579	Giving God Your Worst: From Sinner to Saint	15 min.
BS-0580	Giving God Your Worst: The Truth Shall Set You Free	23 min.
BS-0581	Giving God Your Worst: Surrendering Our Weakness	18 min.
BS-0582	Giving God Your Worst: Baining Victory	20 min.

***This is a sample listing only as Lessons are updated often. Please check with our Manager of Training + Education for the most current class list.**