

PATHWAYS TO EDUCATION

Incentive Program Catalog

4th Quarter 2022

SIERRA
PREGNANCY + HEALTH

Getting Started

What Is It: Our Pathways to Education program is in-person and online through a learning platform called BrightCourse. It is FREE to you! We offer comprehensive parenting and life skills program with over 220 classes in video format with worksheets and quizzes. The classes are on a variety of topics for both women and men, equipping you with the skills needed to successfully help with common challenges.

Who's It For: Anyone living in Placer, Sacramento, El Dorado, Yolo, Yuba, and Sutter counties. And no matter your age, if you are a parent or not, you can benefit from BrightCourse classes.

Benefits Of Participation: In addition to receiving skills that will help you in your home and community, you will EARN practical incentives. Once you complete enough classes to earn the incentive you select, 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 5 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: Scan the QR code below to fill out the Pathways to Education: Online Class Authorization Form. Our Training + Education Manager will contact you within the week via email and then text you 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

45 Classes



SWING + BOUNCER COMBO

COMBO

3 months to 36 months

40 Classes



JOGGING STROLLER

0 to 50 lbs

35 Classes



PACK N' PLAY

Weights Vary

20 Classes



BREAST PUMP

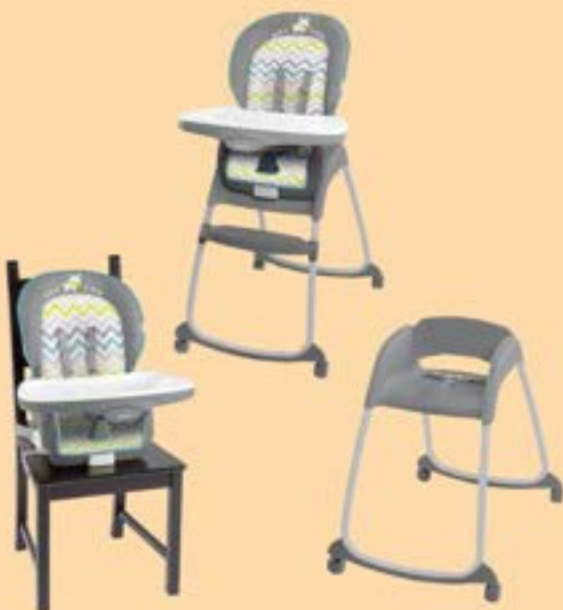
20 Classes



3 IN 1 HIGH CHAIR

3 months to 36 months

20 Classes



BABY MONITOR

20 Classes



DIAPER BAG BACKPACK

includes:

1 pack newborn diapers and baby wipes

10 Classes



COOL MIST HUMIDIFIER

10 Classes



WELLY FIRST AID KIT

5 Classes



CHROMEBOOK

60 Classes



NESPRESSO VERTUOPLUS

40 Classes



INSTANT POT

30 Classes



SMALL SHOP VAC

20 Classes



FLOOR CLEANING SET

20 Classes



TOOLBOX + DRILL

20 Classes



AIR PURIFIER

15 Classes



PANS + SPATULA SET

15 Classes



UPRIGHT VACUUM

15 Classes



HAND MIXER

15 Classes



8-PIECE PYREX BAKING SET + CUPS

15 Classes



AIR FRYER

10 Classes



FRIDGE + SNAPWARE STORAGE

Food items NOT included.

10 Classes



DISH DRYER RACK

Dishes/glasses NOT included.

10 Classes



MIXING BOWLS

10 Classes



BrightCourseLessons

PREGNANCY/BIRTH:

PB-0371	Your First Trimester	30 min.
PB-0362	Prenatal Care	18 min.
PB-0370	Eating for Two	23 min.
PB-0304	Your Ultrasound Appointment	18 min.
PB-0489	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-0008	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 Baby 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-0016	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-0398	Postpartum Depression	29 min.
PB-0026	Going it Alone	25 min.
PB-0399	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 Briccases	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	Cautions: Anger Ahead	38 min.
PP-0473	Birth Order	35 min.
PP-0474	Standing Up to Technology	35 min.

COPARENTING: Partnering with Co-Parenting International

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

04-0504-0508	There is Hope!	29-33 min.
04-0508-0512	Stable Parent, Stable Home	24-35 min.
04-0513-0516	Co-parent Communication	29 min.
04-0517-0520	Meetings & Handling the Handoff	21 min.
04-0521-0524	6 Risks for Children After Divorce	21 min.
04-0525-0529	Holidays, Special Occasions & School	21 min.
04-0529-0532	Critical Issues	35 min.
04-0533-0537	Abuse, Addiction & Abandonment	31-43 min.
04-0538-0541	Dating & Re/Marriage	13-29 min.
04-0542-0545	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-0786	Fighting the Impulse to Spend	18 min.
LS-0787	The Monster of Debt	18 min.
LS-0788	Credit Cards, Fines or Fees?	18 min.
LS-0789	Financial Emergencies	16 min.
LS-0790	Budgeting 101	14 min.
LS-0791	Credit Scores	14 min.
LS-0792	Buying a Car	14 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-0324	Car Seat Safety	29 min.
FY-0325	Mommy Nutrition	22 min.
FY-0326	Preventing Child Sexual Abuse	29 min.
FY-0327	Immunizations	29 min.
FY-0328	SIDS	22 min.
FY-0329	Newborn Sickness	25 min.
FY-0330	Infant & Child CPR	20 min.
FY-0331	Infant Nutrition	22 min.
FY-0332	Baby On the Move	26 min.
FY-0333	Getting Your Baby to Sleep	18 min.
FY-0334	Crying	24 min.
FY-0335	Quality Child Care	21 min.
FY-0336	Understanding your Infant	21 min.
FY-0337	Infant Expectations: 0-3 Months	24 min.
FY-0338	Infant Expectations: 3-6 Months	20 min.
FY-0339	Infant Expectations: 6-9 Months	20 min.
FY-0340	Infant Expectations: 9-12 Month	19 min.
FY-0584	Survivor Baby Language Lesson 1	10 min.
FY-0585	Survivor Baby Language Lesson 2	23 min.
FY-0586	Survivor Baby Language Lesson 3	10 min.

TODDLER:

TP-0101	Toddler Mommy Milestones	22 min.
TP-0102	Toddler Dev. Milestones 12-15	24 min.
TP-0103	Toddler Dev. Milestones 15-18	19 min.
TP-0104	Toddler Dev. Milestones 18-24	22 min.
TP-0105	Toddler Dev. Milestones 24-36	21 min.
TP-0455	Party Training	25 min.
TP-0376	Tantrums	19 min.
TP-0365	Whining	18 min.

LIFE SKILLS CONTINUED:

LS-0793	Career or Job?	16 min.
LS-0794	Staying out of Debt	15 min.
LS-0795	Your Financial Future	14 min.
LS-0332	Helping Children Process Change	18 min.
LS-0333	Family Stability Inside Change	21 min.
LS-0334	Getting Established	20 min.
LS-0335	What is a Family?	18 min.
LS-0337	Successful Family Living	22 min.
LS-0494	Preparing for a Job-Hard Truth	19 min.
LS-0495	Finding a Job	18 min.
LS-0496	Preparing for the Interview	18 min.
LS-0497	At the Interview	17 min.
LS-0498	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-0468	Child Abuse and Neglect	18 min.
SC-0378	Sex and You	26 min.
SC-0379	See: The Heart of the Matter	22 min.
SC-0380	STI/STD Avoidance	19 min.
SC-0381	Choosing Marriage	20 min.
SC-0382	Making the Commitment to Wait	18 min.

TODDLER (CONT.):

TP-0106	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-0483	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-0568	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-0395	Creating Motivation	18 min.
PP-0396	Creating Honesty	19 min.
PP-0397	Creating Courage	18 min.
PP-0398	Creating Kindness	19 min.
PP-0399	Creating Confidence	21 min.
PP-0390	ADD/ADHD	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-0396	Monday: Wake Up to Reality	30 min.
PP-0397	Tuesday: Caution: Children Growing Up Here	29 min.
PP-0398	Wednesday: Checking Connected	29 min.
PP-0399	Thursday: Stay Your Attitude	32 min.
PP-0400	Friday: The Amazing Race	30 min.
PP-0438	Fun Day: Learn 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 completed throughout 2021. (continued on back)

POSITIVE PARTNERSHIPS:

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

FATHERHOOD LESSONS:

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