

Welcome! We're glad YOU are here!

The 42-44 weeks of Parent University classes will include topics related to Pre/Post Natal information, Healthy Relationships, Effective Parenting (including Child Development and Discipline), and Every Day Living Skills. These are topics important to both parents. If possible, the father of your baby is encouraged to attend these classes with you. If that is not possible, you may bring to class **ONE** Support Person who *will be actively involved with you in raising your baby. This support person should be the same person each week.*

- **YOU ARE ASKED TO STAY HOME IF YOU HAVE ANY COLD, FLU, OR ILLNESS SYMPTOMS WITHIN THE PAST 7 DAYS OF WHEN CLASS MEETS.**
- **YOU ARE ASKED TO HAND SANITIZE UPON ARRIVAL TO THE CLASSROOM**

2024 PARENT UNIVERSITY GUIDELINES

1. Class enrollment is for **Women** only. The support person or Father of Baby may not attend without the woman who has enrolled unless permission has been given for attendance with the men's group.
2. A woman may enroll in Parent University when she is pregnant or if her child is six months old or younger.
3. All women attending Parent University must have had an initial appointment at Thrive® before participating in Parent University.
4. Women may participate in Parent University only *once during a 3-year period.*
5. Each woman attending Parent University is encouraged to take 3 to 6 weeks for maternity leave. Eight weeks may be taken off if the woman had a C-section.
6. Each woman attending Parent University ***must not miss more than 3 consecutive classes*** to continue in the program. If more than 3 consecutive classes are missed, without contacting Thrive®, continued participation is subject to review. If more than 3 classes are missed in a 2 month period, continued participation will be subject to review. ***You are encouraged to notify the center through which you attend as soon as you know you will miss class.***
7. Baby Bucks must be used within 6 months after graduation from Parent University or after the last class Attended if Parent University was not completed.
8. Baby Bucks can be redeemed **ONLY** at the center shop where the participant is enrolled for Parent University classes.
9. A Support Person must be at least 18 years old. The baby's Father can participate if he is under 18 years old.
10. The Parent University program will end 1 year from the date in which the woman began, which allows completion of all unit topics. However, if the starting time is January, the ending class will be in November.

BABY BUCKS

Parent University offers the opportunity to earn Baby Bucks that can be redeemed at a Center Boutique for items you need for your baby. Baby Bucks will not be given if you arrive 15 minutes or later to class; however, you are welcome to stay for class.

The following amount of Baby Bucks are awarded weekly at Parent University classes for these activities:

- 25** – Class Attendance by Mother of the baby
- 25** – Class Attendance by Father of the baby *OR*
- 15** – Class attendance of Support Person who is actively involved in raising your baby.
- 15** – Homework from any week for the mother of the baby and
- 15** -Homework from the Father of the Baby or Support Person.

Homework will be reviewed by Parent University Leaders and Baby Bucks will only be given if appropriate thought and effort have gone into the assignment.

- 15** – Bible Study Attendance for both the mother and father of baby or support person.
(Bible Study attendance is encouraged but optional)
- 15** – Church Attendance and Notes for both the mother and father of the baby or support person for the week of the Parent University class attended from any church that aligns with Thrive. Church Notes must accompany the church bulletin.
(Church Attendance **and** Notes are encouraged but optional)

These notes will be reviewed by Parent University Leaders and Baby Bucks will only be given if appropriate thought and effort have gone into the note taking.

- 50** – After attending 5 consecutive classes.
- 200** – At the time of your graduation event from Parent University to be used within 6 months.



Privacy Guidelines

For the privacy and protection of our Patients, our Centers and Staff do not consent to any photography or audio/video recordings during the rendering of ThriVe® services in any form including but not limited to: our medical facilities, during our educational classes or during any phone correspondence.

No copying, reproduction, or transmission of the materials of ThriVe® or its agents is authorized. Any violation of this policy could result in formal/legal consequences.

CLASS ETIQUETTE

Hand Sanitize Upon Arrival – To prevent spread of germs to pregnant moms or their babies especially before eating!

Cell Phones – Should **NOT** be used during class. If your cell phone is needed for a childcare issue, it may be left on vibrate mode. If a situation arises that you need to use your cell phone, you should stand away from the class and limit your call to 3 minutes.

Babies – Please take restless or noisy infants out of the classroom until they settle down. ***Do not encourage your baby to interact with others around you once the class has begun. This is distracting to those who are trying to listen, and is disrespectful to those who are speaking, including fellow classmates who may be sharing.*** Your baby may stay in class with you until 6 months of age. ***If a ThriVe staff member determines your child is being disruptive to the class, you are asked to follow the staff's directions to take the child out of the classroom as directed until your child settles down.***

GROUND RULES FOR GROUP DISCUSSIONS

- CONFIDENTIALITY is a must within our group. What is shared in the group stays in the group.
- We encourage EVERYONE TO SHARE in the group, but you will not be forced to share.
- At times when sharing takes place, no one should monopolize the conversation. Everyone needs to have an opportunity to share if they desire to share. Aim to LIMIT YOUR SHARING TO 3 MINUTES, then allow everyone else to share before sharing a second time.
- PLEASE LET OTHERS FINISH WITHOUT INTERRUPTION. The group leader will handle the situation if someone is monopolizing the conversation.
- ***PLEASE. . .NO SIDE CONVERSATIONS (people talking to each other when group discussion is occurring or while the group leader is speaking.***
- HELP THE GROUP STAY ON TOPIC. Help the group discussion to stay with the original focus.
- NO NEGATIVE COMMENTS ABOUT OTHER PEOPLE, THEIR CHURCHES/ RELIGIONS OR FAITH BELIEFS are permitted
- ALL ARE CONSIDERED EQUAL PARTICIPANTS IN GROUP DISCUSSIONS.

CLASS CANCELLATIONS

If the school district in which your Parent University is located is closed due to weather or other emergency issues, your Parent University Classes for that day/evening will be cancelled, even if the weather and road conditions have improved by class time.

ThriVe® St. Louis closings can also be viewed on Channels 2 and 5 WEBSITES.

There may be texting reminders and phone calls given for Parent University cancellations if you have given permission for this. However, at times this cannot occur for various reasons. Every attempt will be made to notify you if class is cancelled for reasons other than weather. In the case of inclement weather the cancellation will always go by the school district of the location in which the Parent University Class held. In cases in which school is not in session, or class is cancelled for a reason other than weather, we will make every attempt to notify you. **Please make sure we have updated contact information and permission to contact you.**

GRADUATION

Parent University holds a graduation event each year, usually in the Fall. A woman enrolled for Parent University is eligible for graduation if she has attended at least 75% of the total number of classes. The Center Manager and Parent University leaders of each location will determine an individual's eligibility for graduation. If you complete a year of classes before the graduation event, you may still participate. You should be contacted by the center a month in advance of the event. However, at times contact information has changed, so if you do not receive information from ThriVe® regarding the graduation event, please contact the center in which you attended classes.