

Welcome! We're glad YOU are attending ThriVe®'s Online Classes

The Online Parent University classes will include topics related to Pre/Post Natal information, Healthy Relationships, Effective Parenting and Every Day Living Skills. These are topics important to both parents.

- Online Parent University classes will be held every Wednesday evening from 6:30PM-7:30PM by Zoom. You are only to sign in for class by using your first name and last initial. Please do not sign in with your full last name.
- We ask that you arrive on time for class by 6:30 PM. We will be unable to give you baby bucks for attending class if you arrive later than 6:45 PM, or if you leave before class has ended.

If possible, the father of your baby is encouraged to attend online with you. If that is not possible, you may have **ONE** Support Person *who will be actively involved with you in raising your baby, join online with you. The father of the baby or your support person can only attend if you are in attendance also.* Your support person needs to be the same person each week. If for some reason your support person needs to change, please contact the online coordinator for Parent University at 314-783-3040 ext. 239 or parentu@thrivestlouis.org.

The Orientation Lesson must be completed before completing any other lessons by both you and your support person. You will need to list the father of the baby/ your support person's name on your orientation homework for the staff to know to credit their attendance baby bucks to you.

Each week, if you attended the Wednesday Zoom class, you will be given a separate link to complete the optional homework, optional devotional/Bible study, and complete optional church notes if you attended online or in person church services.

If the father of the baby/ your support person attended the Zoom class with you, they may also sign in and complete the optional homework, optional devotional/ Bible Study, and the optional church notes if attended church online or in person.

ThriVe® takes a holistic approach to your care, therefore in our Parent University classes we may address physical, emotional, and spiritual health.

2024 PARENT UNIVERSITY ONLINE GUIDELINES

1. Class enrollment is for **Women** only. The support person or Father of Baby may not sign on to class without the woman who has enrolled through one of the ThriVe® center locations.
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 online must have had an initial appointment at ThriVe® before participating in Parent University and have signed the Parent University Guidelines.
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 Online **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.

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.
10. The Parent University program will end 1 year from the date in which the woman began, which allows for completion of all unit topics. However, if the starting time is January, the ending class will be in November.

BABY BUCKS

Parent University Online offers the opportunity to earn Baby Bucks that can be redeemed at a Center Boutique for items you need for your baby.

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 by 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 -Additional Baby Bucks will be given for optional homework completion by the mother

15- Additional Baby Bucks will be given for optional homework completion by the father of the baby/ support person

15-Additional Baby Bucks will be given for completion of the optional devotional/Bible study

15-Addtional Baby Bucks will be given for the completion of the optional devotional/Bible study by the father of the baby/ support person

15-Additional Baby Bucks will be given for the completion of the optional church notes by the mother of the baby if she attended online or in person church

15-Additional Baby Bucks will be given for the completion of the optional church notes by the father of the baby/ support person if online or in person church was attended

Weekly homework, devotional/Bible Study and Church attendance notes are optional

The devotional/Bible Study homework and church 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.

Additional Baby Bucks are given as follows:

50 – After attending 5 consecutive classes.

200 – At the time of your graduation ceremony from Parent University.



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 group or online 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.

The link shared with you for Parent University classes is for your use and the Father of the baby or support person use only and is not to be shared with others.

ONLINE CLASS ETIQUETTE (this etiquette is for **live** online classes)

- Only sign in using your first name and last initial.
- Please MUTE your phone/computer after signing on to the class, so background noise will not disrupt others listening.
- You will have the opportunity to ask questions mostly by typing them in. There may be an opportunity to ask questions live. The presenter will try to answer the questions asked as time allows.
- Cameras are to be on during class to enhance class socialization and participation.

GROUND RULES FOR GROUP DISCUSSIONS (this pertains to live online classes)

- CONFIDENTIALITY is a must within our group. Any questions offered during the group are not to be shared outside of the group. Information may not be shared outside the group setting.
- We encourage EVERYONE to ask questions they may have regarding the presentation.

GRADUATION

Parent University holds a graduation event each year. A woman enrolled in 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 will still be asked to participate in the graduation event. You should be contacted by the center a month prior to the event regarding the graduation. However, at times contact information has changed, so if you do not receive information from ThriVe® regarding graduation, please contact the center in which you attended classes.

I have received and read the “**PARENT UNIVERSITY GUIDELINES**” and I agree to comply with all of the Parent University Guidelines as listed. I understand by not complying with these guidelines, I will no longer be eligible for Parent University.

Staff/ Volunteer Witness

Signature: _____