



# BRIGHT BEGINNINGS: BRILLIANT FUTURE

Bright Beginnings is an online resource to support parents (and caregivers) of infants and young children newly diagnosed with cystic fibrosis (CF). This program was created, through a partnership between parents and health care professionals, to give you what you need to be successful, empower you, help you manage your child's CF, and become a resilient family.

How will this program help me, as a parent?

- **Practical Information:** You'll learn ways to care for yourself and family.
- **Supportive Community:** You'll meet parents, like you, with similar experiences.
- **Resources:** You'll receive information from trusted resources.

What does the program involve?

- **Self-paced Online Learning:** Modules are designed to empower parents with tools to help you and your family live a full life while also managing your child's CF.
- **Live Online Discussions:** Regular virtual meetings, facilitated by a parent of adult children with CF, will help you build a community of support. To attend live sessions, you will need to register online for Bright Beginnings.

What kinds of topics are included?

- Building personal and family **resiliency**
- Sharing **your story**
- Understanding and **coping** with emotional rollercoasters
- Building **partnerships** with care teams
- Learning how to **speak up** for your child's and family's needs

Is there a cost to the program?

- No, the program is available **free** online.

How can I access this program?

- **To register for the program, please see page 2 of this document.**
- Please note that site capacity is limited. If you are unable to register or have any additional questions, please contact us at [BrightBeginnings4u2@gmail.com](mailto:BrightBeginnings4u2@gmail.com).

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## Parent Login Instructions

1. Go to [www.BrightBeginnings4u2.org](http://www.BrightBeginnings4u2.org) for the Bright Beginnings login page.
2. Is this your first time here? Click on “Create a new account”.
3. Review and accept the MoodleCloud policy (privacy notice and cookies).
4. Create your account.
5. Confirm your account by clicking the link that has been emailed to you from Lisa Greene (via BB). Note: if you do not see the email after a few minutes, check your spam folder.
6. Click on the HOME link (or the three lines menu if on mobile) at the top left corner of your screen.
7. You will now see the Bright Beginnings logo. Click on the link to enter the program.
8. Enter the enrollment key which is: Bright Beginnings (you only need to do this once).
9. You are now at the Bright Beginnings Welcome Screen. You must review and accept the Terms of Use to continue. Review and click on “I agree” to continue.

You are now ready to interact with our program. The menu is on the left side of the screen. You can browse the modules/ topics here by clicking on a page. We suggest you start with the Introduction and use the “next” buttons at the bottom of the page to scroll through the pages in order.

## Additional Tips

- Be sure to save your login information.
- When you complete a module, use the menu on the left to open a new module/ topic. The “next” and “back” buttons are on each page.
- Remember: since space in the program is limited, your login will be removed after 30 days of inactivity and after 12 weeks in general to make room for other attendees. You can re-enroll in the program when you wish to participate again.
- For video chats, you will receive an invitation by email with date and time. You can login to the video chat inside of Moodle under the “Video Chat” menu item.
- Please contact us at [BrightBeginnings4u2@gmail.com](mailto:BrightBeginnings4u2@gmail.com) with questions or concerns.

We look forward to “meeting” you!

The Bright Beginnings Team