



# BrightCourse Lessons

## PREGNANCY/BIRTH:

#0371	Your First Trimester	30 min.
#0362	Prenatal Care	18 min.
#0370	Eating for Two	23 min.
#0004	Your Ultrasound Appoint	18 min.
#0499	First Trimester Expectations	21 min.
#0373	Your Second Trimester	25 min.
#0007	Emotions of Pregnancy	25 min.
#0372	What is Safe in Pregnancy	24 min.
#0009	Bonding with Your Unborn	19 min.
#0500	Second Trimester Expectations	22 min.
#0374	Your Third Trimester	26 min.
#0383	The Final Stretch	21 min.
#0013	Unborn Baby's Secret World	16 min.
#0000	Preparing for Twins*	
#0014	Big Belly Mommy Hacks	28 min.
#0501	Third Trimester Expectations	23 min.
#0566	Labor Expectations	15 min.
#0000	Preparing for a C-Section*	
#0363	Getting Ready: Nesting	20 min.
#0018	Eye Contact Means Love	11 min.
#0019	Infant Temperament	11 min.
#0020	The Importance of Bonding	12 min.
#0021	Infant Expectations	20 min.
#0022	Infant Hygiene	22 min.
#0023	Simple Infant Care	19 min.
#0024	Caring for Yourself After Birth	30 min.
#0318	Postpartum Depression	28 min.
#0026	Going it Alone	25 min.
#0319	At Risk Pregnancies	24 min.
#0028	Smoking/Drinking/Drugs	38 min.
#0384	Shaken Baby Syndrome	17 min.
#0046	Breastfeeding: Goals & Benefits	29 min.
#0047	Breastfeeding: Your Breast Milk	19 min.
#0048	Breastfeeding: Starting Right-Good Latch	32 min.
#0049	Breastfeeding: Positions & 1st Weeks	24 min.

#0050	Breastfeeding: Your Milk Supply & You	23 min.
#0051	Labor 101: Intro and Options	20 min.
#0052	Labor 101: Interventions & Labor	14 min.
#0053	Labor 101: Moving Through Labor	20 min.
#0054	Labor 101: What to Expect	35 min.
#0055	Labor 101: Infant Care	8 min.

## FIRST YEAR:

#0322	Mommy Work	16 min.
#0323	Being a Super Mom	19 min.
#0033	Car Seat Safety	39 min.
#0364	Mommy Nutrition	22 min.
#0035	Preventing Child Sexual Abuse	29 min.
#0352	Immunizations	29 min.
#0037	SIDS	22 min.
#0326	Newborn Sickness	25 min.
#0039	Infant & Child CPR	20 min.
#0041	Infant Nutrition	22 min.
#0042	Baby On the Move	26 min.
#0375	Getting Your Baby to Sleep	18 min.
#0492	Crying	24 min.
#0448	Quality Child Care	21 min.
#0475	Understanding your Infant	21 min.
#0477	Infant Expectations: 0-3 Months	24 min.
#0478	Infant Expectations: 3-6 Months	20 min.
#0479	Infant Expectations: 6-9 Months	20 min.
#0480	Infant Expectations: 9-12 Month	19 min.

## TODDLER:

#0111	Toddler Mommy Milestones	22 min.
#0112	Toddler Dev. Milestones 12-15	24 min.
#0113	Toddler Dev. Milestones 15-18	19 min.
#0114	Toddler Dev. Milestones 18-24	22 min.
#0115	Toddler Dev. Milestones 24-36	21 min.
#0455	Potty Training	25 min.
#0376	Tantrums	19 min.

#0365	Whining	18 min.
#0119	Siblings	25 min.
#0366	Sleeping, Bedtimes, Mornings	18 min.
#0377	Bonding with Your Toddler	20 min.
#0367	Time with Toddler	19 min.
#0368	The Importance of Words	19 min.
#0369	I Can Do It Myself	20 min.
#0493	Toddler Play	22 min.
#0327	Toddler Accidents	24 min.
#0328	Toddler Safety	22 min.
#0329	Toddler Illness	24 min.
#0330	Toddler Nutrition	20 min.
#0331	Toddler Oral Health	22 min.

## PARENTING:

#0284	Single Parenting & Deployment	20 min.
#0285	Family Unity: Deployment Return	21 min.
Have a New Kid by Friday		
#0136	Monday: Wake Up to Reality	30 min.
#0137	Tuesday: Caution: Children Growing Up Here	29 min.
#0138	Wednesday: Staying Connected to Be Respected	29 min.
#0139	Thursday: Check Your Attitude at the Door	32 min.
#0140	Friday: The Amazing Race for Self-Esteem	30 min.
#0438	Funday: Leman Secrets For Enjoying The Journey	35 min.
#0385	Creating Motivation	18 min.
#0386	Creating Honesty	19 min.
#0387	Creating Courage	18 min.
#0388	Creating Kindness	19 min.
#0389	Creating Confidence	21 min.
#0390	ADD/ADHD	25 min.
#0391	Autism	22 min.
#0392	Strong Willed Children	20 min.
#0393	Child Anger	21 min.
#0394	Sexual Behavior and Children	26 min.

\* Will be added to BrightCourse as completed throughout 2020. (continued on back)

# BrightCourseLessons



## COPARENTING:



### Partnering with CoParenting International

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

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

## LIFE SKILLS:

#0000	Preparing for a Career*	
#0000	Finding a Job*	
#0000	Preparing for an Interview*	
#0000	At the Interview*	
#0000	Success at Work*	
#0447	Taking Care of Hygiene	22 min.
#0450	Screen Time and You	21 min.
#0451	Depression Suicide	25 min.
#0452	Home Health (housecleaning)	18 min.
#0453	Anger Management	24 min.
#0186	Fighting the Impulse to Spend	18 min.
#0187	The Monster of Debt	18 min.
#0188	Credit Cards, Friend or Foe?	18 min.
#0189	Financial Emergencies	16 min.

## LIFE SKILLS (CONTINUED):

#0190	Budgeting 101	14 min.
#0191	Credit Scores	14 min.
#0192	Buying a Car	19 min.
#0193	Career or Job?	16 min.
#0194	Staying out of Debt	15 min.
#0195	Your Financial Future	14 min.
#0312	Helping Children Process Change	18 min.
#0313	Family Stability Inside Change	21 min.
#0314	Getting Established	20 min.
#0315	What Is A Family?	18 min.
#0317	Successful Family Living	22 min.

## LOVE LESSONS

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

## SPECIAL CIRCUMSTANCES:

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

## POSITIVE PARTNERSHIPS:

#0226/0221	Healthy Boundaries (Women/Men)	21/19 min.
#022-7/0222	Cohabitation (Women/Men)	12/11 min.
#0228/0223	Marriage Choice (Women/Men)	16/13 min.
#0229/0224	Staying Married (Women/Men)	24/21 min.
#0230/0225	Single Parenting (Women/Men)	17/20 min.

## FATHERHOOD LESSONS:

#0482	Being a Father: The Two Questions	24 min.
#0483	Being a Father: Real Time	25 min.
#0484	Being a Father: Being a Role Model	22 min.
#0485	Being a Father: Being a Leader	23 min.
#0486	Being a Father: Being Consistent	18 min.
#0233	Practical Fatherhood: Respect for Mothers	17 min.
#0236	Practical Fatherhood: Discipline Foundation	18 min.
#0237	Practical Fatherhood: Discipline Guidelines	16 min.
#0238	Practical Fatherhood: Situational Discipline	19 min.
#0000	Being a Father: Loving Discipline*	
#0000	Being a Father: Practical Discipline*	
#0000	Being a Father: Co-Parenting*	
#0000	Being a Father: Blended Families*	
#0000	Being a Father: The Challenge*	

## BONUS PACK:

#0462-0465	Yoga for New Parents	7-12 min.
#0466	Child Abuse and Neglect	18 min.
#0476	Breast Pumps and Briefcases	98 min.
#0468	The 10 Best Gifts You'll Ever Give Your Kids	36 min.
#0469	Listen so Kids Will Talk & Talk So Kids Will Listen	36 min.
#0470	Discipline Isn't Spelled PUNISHMENT	35 min.
#0471	Improve Your Child's Self-Confidence	34 min.
#0472	Caution: Anger Ahead	38 min.
#0473	Birth Order	35 min.
#0474	Standing Up to Technology	35 min.