



# BrightCourse Lessons

## **PREGNANCY/BIRTH:**

Your First Trimester  
First Trimester Expectations\*  
Prenatal Care  
Eating for Two  
Your Ultrasound Appointment  
Your Second Trimester  
Second Trimester Expectations\*  
Emotions of Pregnancy  
What is Safe in Pregnancy  
Bonding with Your Unborn Baby  
Your Third Trimester  
Third Trimester Expectations\*  
Your Unborn Babies Secret World  
Preparing for Twins\*  
Big Belly Mommy Hacks  
Preparing for a C-Section\*  
Getting Ready: Nesting  
The Final Stretch  
Eye Contact Means Love  
Infant Temperament  
The Importance of Bonding  
Infant Expectations  
Infant Hygiene  
Simple Infant Care  
Caring for Yourself After Childbirth  
Postpartum Depression  
Going it Alone  
At Risk Pregnancies  
Smoking/Drinking/Drugs  
Shaken Baby Syndrome  
Labor 101: Intro and Options  
Labor 101: Interventions & Labor  
Labor 101: Moving Through Labor

Labor 101: What to Expect  
Labor 101: Infant Care  
Breastfeeding: Goals and Benefits  
Breastfeeding: Your Breast Milk  
Breastfeeding: Starting Right & Good Latch  
Breastfeeding: Positions & 1st Weeks  
Breastfeeding: Your Milk Supply & You

## **FIRST YEAR:**

Mommy Work  
Being a Super Mom  
Car Seat Safety  
Mommy Nutrition  
Preventing Child Sexual Abuse  
Immunizations  
SIDS  
Newborn Sickness  
Infant & Child CPR  
Infant Nutrition  
Baby On the Move  
Getting Your Baby to Sleep  
Quality Child Care  
Understanding your Infant  
Infant Expectations: 0-3 Months  
Infant Expectations: 3-6 Months  
First Year: 6 to 9 Month Milestones  
First Year: 12 Month Milestones  
Crying

## **TODDLER:**

Toddler Mommy Milestones  
Toddler Dev. Milestones 12-15  
Toddler Dev. Milestones 15-18  
Toddler Dev. Milestones 18-24

Toddler Dev. Milestones 24-36  
Potty Training  
Tantrums  
Whining  
Siblings  
Sleeping, Bedtimes, Mornings  
Bonding with Your Toddler  
Time with Toddler  
The Importance of Words  
I Can Do It Myself  
Toddler Accidents  
Toddler Safety  
Toddler Illness  
Toddler Nutrition  
Toddler Oral Health  
Toddler Play

## **PARENTING:**

Single Parenting & Deployment  
Family Unity: Deployment Return  
Have a New Kid by Friday  
Monday: Wake Up to Reality  
Tuesday: Caution: Children Growing Up Here  
Wednesday: Staying Connected to Be Respected  
Thursday: Check Your Attitude at the Door  
Friday: The Amazing Race for Self-Esteem  
Creating Motivation  
Creating Honesty  
Creating Courage  
Creating Kindness  
Creating Confidence  
ADD/ADHD  
Autism  
Strong Willed Children

Child Anger  
Sexual Behavior and Children

## **LIFE SKILLS:**

Preparing for a Career\*  
Finding a Job\*  
Preparing for an Interview\*  
At the Interview\*  
Success at Work\*  
Depression Suicide  
Anger Management  
Taking Care of Hygiene  
Screen Time and You  
Home Health (housecleaning)  
Fighting the Impulse to Spend  
The Monster of Debt  
Credit Cards, Friend or Foe?  
Financial Emergencies  
Budgeting 101  
Credit Scores  
Buying a Car  
Career or Job?  
Staying out of Debt  
Your Financial Future  
Helping Children Process Change  
Family Stability Inside Change  
Getting Established  
What Is A Family?  
Successful Family Living

\* Will be added to BrightCourse as completed throughout 2020.

(continued on back)

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## SPECIAL CIRCUMSTANCES:

Healing from Abuse  
Post Abortion Healing  
Relationship Loss  
Pregnancy Loss  
Domestic Violence  
Sex and You  
Sex: The Heart of the Matter  
STD/STI Avoidance  
Choosing Marriage  
Making the Commitment to Wait  
When You Have To... Decide

## POSITIVE PARTNERSHIPS:

Healthy Boundaries (Men & Women)  
Cohabitation (Men & Women)  
Marriage Choice (Men & Women)  
Staying Married (Men & Women)  
Single Parenting (Men & Women)

## FATHERHOOD LESSONS:

Practical Fatherhood: Real Time  
Practical Fatherhood: Role Models  
Practical Fatherhood: Respect for Mothers  
Practical Fatherhood: Being a Leader  
Practical Fatherhood: Discipline Foundation  
Practical Fatherhood: Discipline Guidelines  
Practical Fatherhood: Situational Discipline  
Practical Fatherhood: Being Consistent  
Being a Father: The Two Questions\*  
Being a Father: Real Time\*  
Being a Father: Being a Role Model\*  
Being a Father: Being a Leader\*  
Being a Father: Being Consistent\*  
Being a Father: Loving Discipline\*  
Being a Father: Practical Discipline\*  
Being a Father: Co-Parenting\*

Being a Father: Blended Families\*  
Being a Father: The Challenge\*

## BONUS PACK:

Child Abuse and Neglect  
Breast Pumps and Briefcases  
The 10 Best Gifts You'll Ever Give Your Kids  
How to Listen so Kids Will Talk & How to Talk So Kids Will Listen  
Discipline Isn't Spelled P-U-N-I-S-H-M-E-N-T  
10 Ways to Improve Your Child's Self-Confidence  
Caution: Anger Ahead  
Birth Order-and What You Need to Know About It  
Standing Up to the New Goliath (Technology)

## SPANISH PREGNANCY/BIRTH: †

El Primer Trimestre  
Expectativas del Primer Trimestre\*  
Atención Prenatal  
Comer por 2  
Tu Cita de Ultrasonido  
El Segundo Trimestre  
Expectativas del Segundo Trimestre\*  
Las Emociones de Embarazo  
¿Qué es Seguro Durante el Embarazo?  
La Unión con tu Bebé en el Vientre  
El Tercer Trimestre  
Expectativas del Tercer Trimestre\*  
El Mundo Secreto De Tu Bebé Por Nacer  
Preparándose para gemelos\*  
Trucos de mamá para una Gran Barriga  
Preparación para una sección C\*  
Cómo Preparar el Nido  
El tramo final\*  
El Contacto Directo a los Ojos Significa Amor  
El Temperamento De Un Bebé  
La Importancia de Vincularse  
Expectativas Infantiles

Higiene Infantil  
Cuidado Infantil Simple  
Cuidado Personal Después del Nacimiento  
Depresión Postparto  
Enfrentándolo Sola  
Embarazo de Riesgo  
Tabaquismo, Alcohol, Drogas, y Embarazo  
Síndrome del Bebé Sacudido  
Objetivos y Beneficios de la Lactancia Materna  
Técnicas y un Buen Cierre  
Obtener Suficiente Leche  
Crecimientos y Elementos Esenciales  
Regresando al Trabajo

## SPANISH FIRST YEAR: †

Mamá Trabaja  
Ser una Super Mamá  
Seguridad de la Silla de Automóvil  
Nutrición de la Mamá  
Previniendo el Abuso Sexual Infantil  
Vacunas para Niños  
SMS - Síndrome de la Muerte Súbita Infantil  
Enfermedad del Recién Nacido  
Reanimación Cardiopulmonar (RCP)  
Nutrición Infantil  
Los Movimientos del Bebé  
Cómo Hacer Dormir al Bebé  
Servicios de Guardería de Calidad  
La violencia familiar  
Entendiendo a su bebé  
Hitos Recién Nacidos  
Hitos de tres a cuatro meses  
Hitos de seis a nueve meses  
Hitos de doce meses  
Entrenándolo para usar el Baño