



# BrightCourseLessons

## PREGNANCY/BIRTH:

PB-0371	Your First Trimester	30 min.
PB-0362	Prenatal Care	18 min.
PB-0370	Eating for Two	23 min.
PB-0004	Your Ultrasound Appointment	18 min.
PB-0499	First Trimester Expectations	21 min.
PB-0373	Your Second Trimester	25 min.
PB-0007	Emotions of Pregnancy	25 min.
PB-0372	What is Safe in Pregnancy	24 min.
PB-0009	Bonding with Your Unborn	19 min.
PB-0500	Second Trimester Expectations	22 min.
PB-0374	Your Third Trimester	26 min.
PB-0383	The Final Stretch	21 min.
PB-0013	Unborn Baby's Secret World	16 min.
PB-0014	Big Belly Mommy Hacks	28 min.
PB-0501	Third Trimester Expectations	23 min.
PB-0566	Labor Expectations	15 min.
PB-0481	Preparing for a C-Section	25 min.
PB-0363	Getting Ready: Nesting	20 min.
PB-0589	Labor and Delivery Getting Ready	23 min.
PB-0588	Labor and Delivery Natural Comfort Measures	23 min.
PB-0604	Labor and Delivery Medical Pain Relief, Interventions...	21 min.
PB-0018	Eye Contact Means Love	11 min.
PB-0019	Infant Temperament	11 min.
PB-0020	The Importance of Bonding	12 min.
PB-0021	Infant Expectations	20 min.
PB-0022	Infant Hygiene	22 min.
PB-0023	Simple Infant Care	19 min.
PB-0024	Caring for Yourself After Birth	30 min.
PB-0318	Postpartum Depression	28 min.
PB-0026	Going it Alone	25 min.
PB-0319	At Risk Pregnancies	24 min.
PB-0028	Smoking/Drinking/Drugs	38 min.
PB-0384	Shaken Baby Syndrome	17 min.
PB-0565	Expecting Twins and More	24 min.
PB-0046	Breastfeeding: Goals & Benefits	29 min.
PB-0047	Breastfeeding: Your Breast Milk	19 min.
PB-0048	Breastfeeding: Starting Right-Good Latch	32 min.
PB-0049	Breastfeeding: Positions & 1st Weeks	24 min.
PB-0050	Breastfeeding: Your Milk Supply & You	23 min.
PB-0476	Breast Pumps and Briefcases	98 min.

## PREGNANCY/BIRTH (CONT.):

PB-0051	Labor 101: Intro and Options	20 min.
PB-0052	Labor 101: Interventions & Labor	14 min.
PB-0053	Labor 101: Moving Through Labor	20 min.
PB-0054	Labor 101: What to Expect	35 min.
PB-0055	Labor 101: Infant Care	8 min.

## FIRST YEAR:

FY-0322	Mommy Work	16 min.
FY-0323	Being a Super Mom	19 min.
FY-0033	Car Seat Safety	39 min.
FY-0364	Mommy Nutrition	22 min.
FY-0035	Preventing Child Sexual Abuse	29 min.
FY-0352	Immunizations	29 min.
FY-0037	SIDS	22 min.
FY-0326	Newborn Sickness	25 min.
FY-0039	Infant & Child CPR	20 min.
FY-0041	Infant Nutrition	22 min.
FY-0042	Baby On the Move	26 min.
FY-0375	Getting Your Baby to Sleep	18 min.
FY-0492	Crying	24 min.
FY-0448	Quality Child Care	21 min.
FY-0475	Understanding your Infant	21 min.
FY-0477	Infant Expectations: 0-3 Months	24 min.
FY-0478	Infant Expectations: 3-6 Months	20 min.
FY-0479	Infant Expectations: 6-9 Months	20 min.
FY-0480	Infant Expectations: 9-12 Month	19 min.
FY-0584	Dunstan Baby Language Lesson 1	10 min.
FY-0585	Dunstan Baby Language Lesson 2	23 min.
FY-0586	Dunstan Baby Language Lesson 3	10 min.

## TODDLER:

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

## TODDLER (CONT.):

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

## PARENTING:

PP-0569	Parenting Without Shame 1	20 min.
PP-0570	Parenting Without Shame 2	15 min.
PP-0571	Parenting Without Shame 3	10 min.
PP-0572	Parenting Without Shame 4	11 min.
PP-0573	Parenting Without Shame 5	11 min.
PP-0574	Parenting Without Shame 6	15 min.
PP-0575	Parenting Without Shame 7	12 min.
PP-0576	Parenting Without Shame 8	11 min.
PP-0385	Creating Motivation	18 min.
PP-0386	Creating Honesty	19 min.
PP-0387	Creating Courage	18 min.
PP-0388	Creating Kindness	19 min.
PP-0389	Creating Confidence	21 min.
PP-0390	ADD/ADHD	25 min.
PP-0391	Autism	22 min.
PP-0392	Strong Willed Children	20 min.
PP-0393	Child Anger	21 min.
PP-0394	Sexual Behavior and Children	26 min.
Have a New Kid by Friday		
PP-0136	Monday: Wake Up to Reality	30 min.
PP-0137	Tuesday: Caution: Children Growing Up Here	29 min.
PP-0138	Wednesday: Staying Connected	29 min.
PP-0139	Thursday: Check Your Attitude	32 min.
PP-0140	Friday: The Amazing Race	30 min.
PP-0438	Funday: Leman Secrets For Enjoying	35 min.
PP-0284	Single Parenting & Deployment	20 min.
PP-0285	Family Unity: Deployment Return	21 min.

(continued on back)

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## PARENTING CONTINUED:

Value Packed Parenting		
PP-0468	The 10 Best Gifts to Give Your Kids	36 min.
PP-0469	How to Listen/Talk to Kids	36 min.
PP-0470	Discipline Isn't Spelled PUNISHMENT	35 min.
PP-0471	Improve Your Child's Self-Confidence	34 min.
PP-0472	Caution: Anger Ahead	38 min.
PP-0473	Birth Order	35 min.
PP-0474	Standing Up to Technology	35 min.

## COPARENTING: Partnering with CoParenting International

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

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

## LIFE SKILLS:

LS-0447	Taking Care of Hygiene	22 min.
LS-0450	Screen Time and You	21 min.
LS-0451	Depression and Suicide	25 min.
LS-0452	Home Health (housecleaning)	18 min.
LS-0453	Anger Management	24 min.
LS-0186	Fighting the Impulse to Spend	18 min.
LS-0187	The Monster of Debt	18 min.
LS-0188	Credit Cards, Friend or Foe?	18 min.
LS-0189	Financial Emergencies	16 min.
LS-0190	Budgeting 101	14 min.
LS-0191	Credit Scores	14 min.
LS-0192	Buying a Car	19 min.

## LIFE SKILLS CONTINUED:

LS-0193	Career or Job?	16 min.
LS-0194	Staying out of Debt	15 min.
LS-0195	Your Financial Future	14 min.
LS-0312	Helping Children Process Change	18 min.
LS-0313	Family Stability Inside Change	21 min.
LS-0314	Getting Established	20 min.
LS-0315	What Is A Family?	18 min.
LS-0317	Successful Family Living	22 min.
LS-0494	Preparing for a Job-Hard Truth	19 min.
LS-0495	Finding a Job	18 min.
LS-0496	Preparing for the Interview	16 min.
LS-0497	At the Interview	17 min.
LS-0498	Success at Work	16 min.

## LOVE LESSONS

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

## SPECIAL CIRCUMSTANCES:

SC-0251	Healing from Abuse	19 min.
SC-0252	Post Abortion Healing	22 min.
SC-0253	Relationship Loss	21 min.
SC-0254	Domestic Violence	21 min.
SC-0255	Pregnancy Loss	21 min.
SC-0466	Child Abuse and Neglect	18 min.
SC-0378	Sex and You	26 min.
SC-0379	Sex: The Heart of the Matter	22 min.
SC-0380	STD/STI Avoidance	19 min.
SC-0381	Choosing Marriage	20 min.
SC-0382	Making the Commitment to Wait	18 min.
SC-0590	Unraveled Roots: Why Am I Here	7 min.
SC-0591	Unraveled Roots: The Root of Abandonment	13 min.
SC-0592	Unraveled Roots: The Root of Addiction	14 min.

SC-0593	Unraveled Roots: The Root of Abuse	13 min.
SC-0594	Unraveled Roots: The Root of Codependency	12 min.
SC-0595	Unraveled Roots: Where Do I Grow Now?	5 min.
SC-0598	Your Relationship: Healthy, Unhealthy or Toxic?	18 min.
SC-0599	Understanding Power and Control in Intimate Partner...	18 min.
SC-0600	Recognizing the Cycle of Abuse	16 min.
SC-0601	Warning Signs of Unhealthy People	18 min.
SC-0602	Can an Abuser Change?	18 min.
SC-0603	Reclaiming Your Value & Experiencing	18 min.

## POSITIVE PARTNERSHIPS:

RS-0226/0221	Healthy Boundaries (Women/Men)	21/19 min.
RS-0227/0222	Cohabitation (Women/Men)	12/11 min.
RS-0228/0223	Marriage Choice (Women/Men)	16/13 min.
RS-0229/0224	Staying Married (Women/Men)	24/21 min.
RS-0230/0225	Single Parenting (Women/Men)	17/20 min.

## FATHERHOOD LESSONS:

PF-0482	Being a Father: The Two Questions	24 min.
PF-0483	Being a Father: Real Time	25 min.
PF-0484	Being a Father: Being a Role Model	22 min.
PF-0485	Being a Father: Being a Leader	23 min.
PF-0486	Being a Father: Being Consistent	18 min.
PF-0233	Practical Fatherhood: Respect for Mothers	17 min.
PF-0236	Practical Fatherhood: Discipline Foundation	18 min.
PF-0237	Practical Fatherhood: Discipline Guidelines	16 min.
PF-0238	Practical Fatherhood: Situational Discipline	19 min.
PF-0487	Being a Father: Loving Discipline	23 min.
PF-0488	Being a Father: Practical Discipline	26 min.

## BIBLE STUDY:

BS-0577	Giving God Your Worst: Offering Your Worst to God	18 min.
BS-0578	Giving God Your Worst: Painful Truth & Forgiveness	19 min.
BS-0579	Giving God Your Worst: From Sinner to Saint	15 min.
BS-0580	Giving God Your Worst: The Truth Shall Set You Free	23 min.
BS-0581	Giving God Your Worst: Surrendering Our Weakness	18 min.
BS-0582	Giving God Your Worst: Gaining Victory	20 min.