

# BrightCourseLessons

## PREGNANCY/BIRTH:

PB-0371 Your First Trimester  
PB-0362 Prenatal Care  
PB-0370 Eating for Two  
PB-0004 Your Ultrasound Appointment  
PB-0499 First Trimester Expectations  
PB-0373 Your Second Trimester  
PB-0007 Emotions of Pregnancy  
PB-0372 What is Safe in Pregnancy  
PB-0009 Bonding with Your Unborn  
PB-0500 Second Trimester Expectations  
PB-0374 Your Third Trimester  
PB-0383 The Final Stretch  
PB-0568 Unborn Baby's Secret World 2022  
PB-0014 Big Belly Mommy Hacks  
PB-0501 Third Trimester Expectations  
PB-0566 Labor Expectations  
PB-0481 Preparing for a C-Section  
PB-0363 Getting Ready: Nesting  
PB-0589 Labor and Delivery Getting Ready  
PB-0588 Labor and Delivery Natural Comfort Measures  
PB-0604 Labor and Delivery Medical Pain Relief & Interventions  
PB-0610 Labor and Delivery Training Your Birth Coach  
PB-0630 Eye Contact Means Love  
PB-0567 Infant Temperament  
PB-0535 The Importance of Bonding  
PB-0021 Infant Expectations  
PB-0022 Infant Hygiene  
PB-0023 Simple Infant Care  
PB-0024 Taking Care of Yourself After Birth  
PB-0318 Postpartum Depression  
PB-0026 Going it Alone  
PB-0319 At Risk Pregnancies  
PB-0028 Smoking/Drinking/Drugs  
PB-0384 Shaken Baby Syndrome  
PB-0565 Expecting Twins and More  
PB-0639 Feeding Your Baby: The Bottle  
PB-0640 FYB: Breastfeeding: Getting Started  
PB-0641 FYB: Breastfeeding: Successful Breastfeeding  
PB-0642 FYB: Breastfeeding: Problems & Solutions  
PB-0643 FYB: Breastfeeding: Weaning

## PREGNANCY/BIRTH:

PB-0660 DYSH: I Could Never Do That  
PB-0661 DYSH: What Is Open Adoption  
PB-0662 DYSH: A Birth Mother's Bill of Rights  
PB-0663 DYSH: How Do I Live With This Decision  
PB-0664 DYSH: Advice From Birth Mom's  
PB-0665 DYSH: Courtney's Story  
PB-0666 DYSH: Hillary's Story  
PB-0667 DYSH: Morgan's Story  
PB-0668 DYSH: Leah's Story  
PB-0697 Smoking & Alcohol During Pregnancy

## BRIGHTBIRTH ACADEMY

BB-0646 You Are In Control  
BB-0647 Your Body and Birth  
BB-0648 Pain and Natural Birth  
BB-0649 B.R.A.I.N. and Decision Making  
BB-0650 Medical Pain Relief, Interventions, & Proc.  
BB-0651 Planning for Birth  
BB-0652 Postpartum

## FIRST YEAR:

FY-0322 Mommy Work  
FY-0323 Being a Super Mom  
FY-0033 Car Seat Safety  
FY-0364 Mommy Nutrition  
FY-0035 Preventing Child Sexual Abuse  
FY-0352 Immunizations  
FY-0037 SIDS  
FY-0326 Newborn Sickness  
FY-0626 Infant Accidents  
FY-0039 Infant & Child CPR  
FY-0041 Infant Nutrition  
FY-0042 Baby On the Move  
FY-0375 Getting Your Baby to Sleep  
FY-0492 Crying  
FY-0448 Quality Child Care  
FY-0475 Understanding your Infant  
FY-0477 Infant Expectations: 0-3 Months  
FY-0478 Infant Expectations: 3-6 Months

## FIRST YEAR:

FY-0479 Infant Expectations: 6-9 Months  
FY-0480 Infant Expectations: 9-12 Month  
FY-0584 Dunstan Baby Language Lesson 1  
FY-0585 Dunstan Baby Language Lesson 2  
FY-0586 Dunstan Baby Language Lesson 3  
FY-0655 Teething Time

## TODDLER:

TP-0111 Toddler Mommy Milestones  
TP-0112 Toddler Dev. Milestones 12-15  
TP-0113 Toddler Dev. Milestones 15-18  
TP-0114 Toddler Dev. Milestones 18-24  
TP-0115 Toddler Dev. Milestones 24-36  
TP-0455 Potty Training  
TP-0376 Tantrums  
TP-0365 Whining  
TP-0119 Siblings  
TP-0366 Sleeping, Bedtimes, Mornings  
TP-0377 Bonding with Your Toddler  
TP-0367 Time with Toddler  
TP-0368 The Importance of Words  
TP-0369 I Can Do It Myself  
TP-0493 Toddler Play  
TP-0327 Toddler Accidents  
TP-0328 Toddler Safety  
TP-0329 Toddler Illness  
TP-0330 Toddler Nutrition  
TP-0331 Toddler Oral Health  
TP-0672 Getting Your Child to Eat

## PARENTING:

PP-0569<sup>th</sup> Parenting Without Shame 1  
PP-0570<sup>th</sup> Parenting Without Shame 2  
PP-0571<sup>th</sup> Parenting Without Shame 3  
PP-0572<sup>th</sup> Parenting Without Shame 4  
PP-0573<sup>th</sup> Parenting Without Shame 5  
PP-0574<sup>th</sup> Parenting Without Shame 6  
PP-0575<sup>th</sup> Parenting Without Shame 7  
PP-0576<sup>th</sup> Parenting Without Shame 8  
PP-0385 Creating Motivation  
PP-0386 Creating Honesty  
PP-0387 Creating Courage

(continued on back)

## PARENTING:

- PP-0388 Creating Kindness
- PP-0389 Creating Confidence
- PP-0390 ADD/ADHD
- PP-0391 Autism
- PP-0392 Strong Willed Children
- PP-0393 Child Anger
- PP-0394 Sexual Behavior and Children
- PP-0284 Single Parenting & Deployment
- PP-0285 Family Unity: Deployment Return
- PP-0505 Co-Parenting
- PP-0699 Words Matter - Hurtful Words
- PP-0701 Words Matter - Silent Words

### Have a New Kid by Friday

- PP-0136 Monday: Wake Up to Reality
- PP-0137 Tuesday: Caution: Children Growing Up Here
- PP-0138 Wednesday: Staying Connected
- PP-0139 Thursday: Check Your Attitude
- PP-0140 Friday: The Amazing Race
- PP-0438 Funday: Leman Secrets For Enjoying

### Value Packed Parenting

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

### Single Parenting that Works

- PP-0755 Putting First Things First
- PP-0756 Healing Past - Look to Future
- PP-0757 Creating Harmony with Ex-Spouse
- PP-0758 Helping Children Thrive in Single Parent Home
- PP-0759 Learning Discipline with Love and Limits
- PP-0760 Understanding Your Child's Personality

## COPARENTING:

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!
- OH-0509-0512 Stable Parent, Stable Home
- OH-0513-0516 Co-parent Communication
- OH-0517-0520 Meetings & Handling the Handoff
- OH-0521-0524 6 Risks for Children After Divorce
- OH-0525-0528 Holidays, Special Occasions & School
- OH-0529-0532 Critical Issues

- 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
- LS-0450 Screen Time and You
- LS-0451 Depression and Suicide
- LS-0452 Home Health (housecleaning)
- LS-0453 Anger Management
- LS-0186 Fighting the Impulse to Spend
- LS-0187 The Monster of Debt
- LS-0188 Credit Cards, Friend or Foe?
- LS-0189 Financial Emergencies
- LS-0190 Budgeting 101
- LS-0191 Credit Scores
- LS-0192 Buying a Car
- LS-0193 Career or Job?
- LS-0194 Staying out of Debt
- LS-0195 Your Financial Future
- LS-0312 Helping Children Process Change
- LS-0313 Family Stability Inside Change
- LS-0314 Getting Established
- LS-0315 What Is A Family?
- LS-0317 Successful Family Living
- LS-0494 Preparing for a Job-Hard Truth
- LS-0495 Finding a Job
- LS-0496 Preparing for the Interview
- LS-0497 At the Interview
- LS-0498 Success at Work

## LOVE LESSONS:

- LL-0558 Sex is Awesome
- LL-0559 Pregnancy is Not A Disease
- LL-0560 STIs
- LL-0561 Character
- LL-0562 Porn
- LL-0563 Your Heart
- LL-0564 Protect Yourself

## SPECIAL CIRCUMSTANCES:

- SC-0251 Healing from Abuse
- SC-0252 Post Abortion Healing
- SC-0253 Relationship Loss

- SC-0254 Domestic Violence
- SC-0255 Pregnancy & Infant Loss
- SC-0466 Child Abuse and Neglect
- SC-0378 Sex and You
- SC-0379 Sex: The Heart of the Matter
- SC-0380 STD/STI Avoidance
- SC-0381 Choosing Marriage
- SC-0382 Making the Commitment to Wait
- SC-0590<sup>TR</sup> Unraveled Roots: Why Am I Here
- SC-0591<sup>TR</sup> Unraveled Roots: The Root of Abandonment
- SC-0592<sup>TR</sup> Unraveled Roots: The Root of Addiction
- SC-0593<sup>TR</sup> Unraveled Roots: The Root of Abuse
- SC-0594<sup>TR</sup> Unraveled Roots: The Root of Codependency
- SC-0595<sup>TR</sup> Unraveled Roots: Where Do I Grow Now?
- SC-0598<sup>TR</sup> Your Relationship: Healthy, Unhealthy or Toxic?
- SC-0599<sup>TR</sup> Understanding Power and Control in Partner...
- SC-0600<sup>TR</sup> Recognizing the Cycle of Abuse
- SC-0601<sup>TR</sup> Warning Signs of Unhealthy People
- SC-0602<sup>TR</sup> Can an Abuser Change?
- SC-0603<sup>TR</sup> Reclaiming Your Value & Experiencing
- SC-0707 Introduction to Sex Trafficking
- SC-0708 OW: Child Sexual Abuse & Familial Trafficking
- SC-0709 OW: Grooming Through Gaming
- SC-0710 OW: Adult Entertainment and Escalation
- SC-0711 OW: Sexting to Sextortion
- SC-0712 OW: Boyfriending
- SC-0713 OW: Why Don't They Leave
- SC-0714 OW: Survivor Identification and Reporting
- SC-0715 OW: Prevention and Protecting Your Community
- SC-0716 OW: Hope. Freedom. Future.
- SC-0717 OW: Cycle of Revictimization
- SC-0718 OW: Vulnerability of Individuals with Disabilities
- SC-0719 OW: Identifying Trafficking Victims in Schools
- SC-0720 OW: Camming
- SC-0721<sup>TR</sup> Keys to Hope and Healing: Acknowledge Where You Are
- SC-0722<sup>TR</sup> Keys to Hope and Healing: You Are Not Alone
- SC-0723<sup>TR</sup> Keys to Hope and Healing: Freedom From Anger
- SC-0724<sup>TR</sup> Keys to Hope and Healing: Moving through Grief
- SC-0725<sup>TR</sup> Keys to Hope and Healing: Walking in Confidence
- SC-0726<sup>TR</sup> Keys to Hope and Healing: Giving Hope to Others

## POSITIVE PARTNERSHIPS:

- RS-0692 Boundaries
- RS-0694 Making the Marriage Choice
- RS-0227/0222 Cohabitation (Women/Men)
- RS-0229/0224 Staying Married (Women/Men)
- RS-0230/0225 Single Parenting (Women/Men)
- RS-0762 MMM: Designed to be Different
- RS-0763 MMM: Where Have all the Flowers Gone

## FATHERHOOD LESSONS:

- PF-0489 The Fatherhood Adventure: Taking Care Pregnancy
- PF-0490 The Fatherhood Adventure: Taking Care Birth
- PF-0491 The Fatherhood Adventure: Taking Care Postpartum
- PF-0698 The Fatherhood Adventure: Baby Care Basics
- PF-0482 Being a Father: The Two Questions
- PF-0483 Being a Father: Real Time
- PF-0484 Being a Father: Being a Role Model
- PF-0485 Being a Father: Being a Leader
- PF-0486 Being a Father: Being Consistent
- PF-0487 Being a Father: Loving Discipline
- PF-0488 Being a Father: Practical Discipline
- PF-0233 Practical Fatherhood: Respect for Mothers

## BIBLE STUDIES:

- BS-0577<sup>TR</sup> Giving God Your Worst: Offering Your Worst to God
- BS-0578<sup>TR</sup> Giving God Your Worst: Painful Truth & Forgiveness
- BS-0579<sup>TR</sup> Giving God Your Worst: From Sinner to Saint
- BS-0580<sup>TR</sup> Giving God Your Worst: The Truth Shall Set You Free
- BS-0581<sup>TR</sup> Giving God Your Worst: Surrendering Our Weakness
- BS-0582<sup>TR</sup> Giving God Your Worst: Gaining Victory
- BS-0607 Upside Down Love: The Bible
- BS-0606 Upside Down Love: Grace and Commands
- BS-0628 Upside Down Love: The King Among the Cows
- BS-0631 Upside Down Love: The Faithful Fisherman
- BS-0633 Upside Down Love: The Servant Above the Served
- BS-0634 Upside Down Love: The Greatest Dying for Least
- BS-0637 Upside Down Love: The Guilty in Heaven
- BS-0623<sup>TR</sup> Unlocking the Gospel: Identity Matters
- BS-0624<sup>TR</sup> Unlocking the Gospel: Receiving Jesus as my Savior
- BS-0625<sup>TR</sup> Unlocking the Gospel: Recognizing Satan
- BS-0613<sup>TR</sup> Disciple: Your Unwritten Autobiography
- BS-0614<sup>TR</sup> Disciple: How the Story Starts
- BS-0615<sup>TR</sup> Disciple: A True Story

## BIBLE STUDIES (CON.T):

- BS-0616<sup>TR</sup> Disciple: The Story of the World
- BS-0617<sup>TR</sup> Disciple: The Story of the Flesh
- BS-0618<sup>TR</sup> Disciple: The Story of the Devil
- BS-0619<sup>TR</sup> Disciple: Truth and Emotions
- BS-0620<sup>TR</sup> Disciple: Forgiving From the Heart
- BS-0621<sup>TR</sup> Disciple: Walking Into the Next Chapter
- BS-0622<sup>TR</sup> Disciple: Action Story

List updated 7/13/2023

TR=Training Required