

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-0802 Going it Alone
PB-0319 At Risk Pregnancies
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
PB-0697 Smoking & Alcohol During Pregnancy

PREGNANCY/BIRTH:

PB-0703 Drug Use During Pregnancy
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

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 Parenting Without Shame 1
PP-0570 Parenting Without Shame 2
PP-0571 Parenting Without Shame 3
PP-0572 Parenting Without Shame 4
PP-0573 Parenting Without Shame 5
PP-0574 Parenting Without Shame 6
PP-0575 Parenting Without Shame 7
PP-0576 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 Reunited Parents: Family Unity on Return
- PP-0505 Co-Parenting
- PP-0699 Words Matter - Hurtful Words
- PP-0701 Words Matter - Silent Words
- PP-0700 Words Matter: Magic Words
- PP-0702 Words Matter: No 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- L1
- PP-0756 Healing Past - Look to Future - L2
- PP-0757 Creating Harmony with Ex-Spouse - L3
- PP-0758 Helping Children Thrive in Single Parent Home-L4
- PP-0759 Learning Discipline with Love and Limits - L5
- PP-0760 Understanding Your Child's Personality -L6

Running the Rapids: Guiding Teenagers

- PP-0796 Know the River- L1
- PP-0797 Know the Raft - L2
- PP-0798 Know the Riders - L3
- PP-0799 Know the Risks -L4
- PP-0800 Know the Relationships - L5
- PP-0801 Know the Reality -L6

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
- OH-0538-0541 Dating & ReMarriage
- OH-0542-0545 Beyond Child Support

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 & THE WHOLE SEX TALK:

- LL-0558 Sex is Awesome
- LL-0559 Pregnancy is Not A Disease
- LL-0560 STIs

LOVE LESSONS & THE WHOLE SEX TALK:

- LL-0561 Character
- LL-0562 Porn
- LL-0563 Your Heart
- LL-0564 Protect Yourself
- LL-0120 Talking With Our Kids About Sex
- LL-0121 Confronting the Past
- LL-0122 Pregnancy and Abortion
- LL-0123 Spiritual and Emotional Consequences
- LL-0124 Dating and Relationships
- LL-0125 Image Bearers At Heart

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 Unraveled Roots: Why Am I Here
- SC-0591 Unraveled Roots: The Root of Abandonment
- SC-0592 Unraveled Roots: The Root of Addiction
- SC-0593 Unraveled Roots: The Root of Abuse
- SC-0594 Unraveled Roots: The Root of Codependency
- SC-0595 Unraveled Roots: Where Do I Grow Now?
- SC-0596 Your Relationship: Healthy, Unhealthy or Toxic?
- SC-0598 Understanding Power and Control in Partner...
- SC-0600 Recognizing the Cycle of Abuse
- SC-0601 Warning Signs of Unhealthy People
- SC-0602 Can an Abuser Change?
- SC-0603 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

SPECIAL CIRCUMSTANCES:

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 Keys to Hope and Healing: Acknowledge Where You Are
SC-0722 Keys to Hope and Healing: You Are Not Alone
SC-0723 Keys to Hope and Healing: Freedom From Anger
SC-0724 Keys to Hope and Healing: Moving through Grief
SC-0725 Keys to Hope and Healing: Walking in Confidence
SC-0726 Keys to Hope and Healing: Giving Hope to Others
SC-0776 Understanding Trauma: Naming Trauma
SC-0777 Understanding Trauma: Our Trauma is not Our Identity
SC-0778 Understanding Trauma: Shame and Other Useless Things
SC-0779 Understanding Trauma: Hard Days: Self-Help not Self-Care
SC-0780 Understanding Trauma: Boundaries and Seeking Help
SC-0781 Understanding Trauma: What does Healing Mean
SC-0769 M: Keys to Hope and Healing: Acknowledge Where You
SC-0770 M: Keys to Hope and Healing: You Are Not Alone
SC-0771 M: Keys to Hope and Healing: Freedom from Anger
SC-0772 M: Keys to Hope and Healing: Moving through Grief
SC-0773 M: Keys to Hope and Healing: Walking in Confidence
SC-0795 M: Keys to Hope and Healing: Giving Hope to Others

POSITIVE PARTNERSHIPS:

RS-0692 Boundaries
RS-0694 Making the Marriage Choice
RS-0775 Unhealthy Boundaries
RS-0693 Cohabitation
RS-0695 Staying Married
RS-0230/0225 Single Parenting (Women/Men)
RS-0762 MMM: L1 Designed to be Different
RS-0763 MMM: L2 Where Have all the Flowers Gone
RS-0764 MMM: L3 Striking the Perfect Match
RS-0765 MMM: L4 Looking for Love in Two Special Faces
RS-0766 MMM: L5 Don't Rock the Jukebox
RS-0767 MMM: L6 Sex Begins in the Kitchen
RS-0768 MMM: L7 Enjoying the Journey
RS-0126 Blended: Before All of Us Say I Do
RS-0127 Blended: With These Kids I Thee Wed

POSITIVE PARTNERSHIPS:

RS-0128 Blended: Blending Without Colliding
RS-0129 Blended: Surviving the Birth Order Blender
RS-0130 Blended: Same Language-Different Dialect
RS-0131 Blended: Looking at Life through Your Mate's Eyes

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-0794 Being a Father: Respect for Mothers

BIBLE STUDIES:

BS-0577 Giving God Your Worst: Offering Your Worst to God
BS-0578 Giving God Your Worst: Painful Truth & Forgiveness
BS-0579 Giving God Your Worst: From Sinner to Saint
BS-0580 Giving God Your Worst: The Truth Shall Set You Free
BS-0581 Giving God Your Worst: Surrendering Our Weakness
BS-0582 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 Unlocking the Gospel: Identity Matters
BS-0624 Unlocking the Gospel: Receiving Jesus Savior
BS-0625 Unlocking the Gospel: Recognizing Satan
BS-0613 Disciple: Your Unwritten Autobiography
BS-0614 Disciple: How the Story Starts
BS-0615 Disciple: A True Story
BS-0616 Disciple: The Story of the World
BS-0617 Disciple: The Story of the Flesh

BIBLE STUDIES:

BS-0618 Disciple: The Story of the Devil
BS-0619 Disciple: Truth and Emotions
BS-0620 Disciple: Forgiving From the Heart
BS-0621 Disciple: Walking Into the Next Chapter
BS-0622 Disciple: Action Story