

BrightCourseLessons

PREGNANCY/BIRTH:

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| 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-0568 | Unborn Baby's Secret World | 18 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-0610 | Labor and Delivery Training Your Birth Coach | 22 min. |
| PB-0630 | Eye Contact Means Love | 18 min. |
| PB-0567 | Infant Temperament | 21 min. |
| PB-0535 | The Importance of Bonding | 21 min. |
| PB-0021 | Infant Expectations | 20 min. |
| PB-0022 | Infant Hygiene | 22 min. |
| PB-0023 | Simple Infant Care | 19 min. |
| PB-0024 | Taking Care of Yourself After Birth | 40 min. |
| PB-0318 | Postpartum Depression | 28 min. |
| PB-0802 | Going it Alone | 19 min. |
| PB-0319 | At Risk Pregnancies | 24 min. |
| PB-0384 | Shaken Baby Syndrome | 17 min. |
| PB-0565 | Expecting Twins and More | 24 min. |
| PB-0639 | Feeding Your Baby: The Bottle | 21 min. |
| PB-0640 | FYB: Breastfeeding: Getting Started | 20 min. |
| PB-00641 | FYB: Breastfeeding: Successful Breastfeeding | 22 min. |
| PB-00642 | FYB: Breastfeeding: Problems & Solutions | 18 min. |

PREGNANCY/BIRTH (CONT.):

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| PB-0643 | FYB: Breastfeeding: Weaning | 17 min. |
| PB-0660 | DYSH: I Could Never Do That | 15 min. |
| PB-0661 | DYSH: What Is Open Adoption | 4 min. |
| PB-0662 | DYSH: A Birth Mother's Bill of Rights | 10 min. |
| PB-0663 | DYSH: How Do I Live With This Decision | 13 min. |
| PB-0697 | Smoking & Alcohol During Pregnancy | 20 min. |
| PB-0703 | Drug Use During Pregnancy | 16 min. |

BRIGHTBIRTH ACADEMY:

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| BB-0646 | You Are In Control | 24 min. |
| BB-0647 | Your Body & Birth | 24 min. |
| BB-0648 | Pain & Natural Birth | 33 min. |
| BB-0649 | B.R.A.I.N. & Decision Making | 16 min. |
| BB-0650 | Medical Pain Relief, Interventions, & Proc. | 20 min. |
| BB-0651 | Planning for Birth | 13 min. |
| BB-0652 | Postpartum | 14 min. |

FIRST YEAR:

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| 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-0626 | Infant Accidents | 17 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. |

FIRST YEAR (CONT.):

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| 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. |
| FY-0655 | Teething Time | 22 min. |

TODDLER:

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| 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. |
| 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. |
| TP-0672 | Getting Your Child To Eat | 27 min. |

PARENTING:

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|---------|---------------------|---------|
| 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. |

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PARENTING (CONT.):

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| 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. |
| PP-0284 | Single Parenting During Deployment | 20 min. |
| PP-0285 | Reunited: Family Unity Upon Return | 21 min. |
| PP-0505 | Co-Parenting | 27 min. |
| PP-0701 | Words Matter: Silent Words | 15 min. |
| PP-0700 | Words Matter: Magic Words | 24 min. |
| PP-0702 | Words Matter: No Words | 18 min. |

COPARENTING:

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

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| 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:

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| 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 (CONT.):

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| 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

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|---------|----------------------------|---------|
| LL-0559 | Pregnancy is Not A Disease | 14 min. |
| LL-0560 | STIs | 19 min. |
| LL-0562 | Porn | 17 min. |
| LL-0564 | Protect Yourself | 15 min. |

SPECIAL CIRCUMSTANCES:

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|---------|--|---------|
| SC-0254 | Domestic Violence | 21 min. |
| SC-0466 | Child Abuse and Neglect | 18 min. |
| SC-0380 | STD/STI Avoidance | 19 min. |
| SC-0707 | OW: Introduction to Sex Trafficking | 5 min. |
| SC-0708 | OW: Child Sexual Abuse & Familial Trafficking | 5 min. |
| SC-0709 | OW: Grooming Through Gaming | 5 min. |
| SC-0710 | OW: Adult Entertainment and Escalation | 6 min. |
| SC-0711 | OW: Sexting to Sextortion | 7 min. |
| SC-0712 | OW: Boyfriending | 5 min. |
| SC-0713 | OW: Why Don't They Leave | 6 min. |
| SC-0714 | OW: Survivor Identification and Reporting | 4 min. |
| SC-0715 | OW: Prevention and Protecting Your Community | 6 min. |
| SC-0716 | OW: Hope. Freedom. Future. | 4 min. |
| SC-0717 | OW: Cycle of Revictimization | 10 min. |
| SC-0718 | OW: Vulnerability of Individuals with Disabilities | 11 min. |
| SC-0719 | OW: Identifying Trafficking Victims in Schools | 7 min. |
| SC-0720 | OW: Camming | 16 min. |

SPECIAL CIRCUMSTANCES (CONT.):

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| SC-0721 | W:Keys to Hope and Healing: Acknowledge Where You Are | 10 min. |
| SC-0722 | W:Keys to Hope and Healing: You Are Not Alone | 9 min. |
| SC-0723 | W:Keys to Hope and Healing: Freedom from Anger | 8 min. |
| SC-0724 | W:Keys to Hope and Healing: Moving through Grief | 11 min. |
| SC-0725 | W:Keys to Hope and Healing: Walking in Confidence | 9 min. |
| SC-0726 | W:Keys to Hope and Healing: Giving Hope to Others | 8 min. |
| SC-0769 | M:Keys to Hope and Healing: Acknowledge Where You Are | 13 min. |
| SC-0770 | M:Keys to Hope and Healing: You Are Not Alone | 10 min. |
| SC-0771 | M:Keys to Hope and Healing: Freedom from Anger | 12 min. |
| SC-0772 | M:Keys to Hope and Healing: Moving through Grief | 9 min. |
| SC-0773 | M:Keys to Hope and Healing: Walking in Confidence | 13 min. |
| SC-0795 | M:Keys to Hope and Healing: Giving Hope to Others | 10 min. |

POSITIVE PARTNERSHIPS:

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|---------|----------------------------|---------|
| PP-0692 | Boundaries | 28 min. |
| PP-0694 | Making the Marriage Choice | 24 min. |
| PP-0775 | Unhealthy Boundaries | 21 min. |
| PP-0693 | Cohabitation | 17 min. |
| PP-0695 | Staying Married | 19 min. |

FATHERHOOD LESSONS:

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|---------|---|---------|
| PF-0489 | The Fatherhood Adventure: Care During Pregnancy | 27 min. |
| PF-0490 | The Fatherhood Adventure: Care During Birth | 26 min. |
| PF-0491 | The Fatherhood Adventure: Taking Care of Them Post. | 26 min. |
| PF-698 | The Fatherhood Adventure: Baby Care Basics | 19 min. |
| 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-0487 | Being a Father: Loving Discipline | 23 min. |
| PF-0488 | Being a Father: Practical Discipline | 26 min. |
| PF-0794 | Being a Father: Respect for Mothers | 24 min. |