

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-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: (CON.T)

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.
PB-0141	Basic Decision Making Part 1	24 min.
PB-0142	Basic Decision Making Part 2	22 min.

BRIGHTBIRTH ACADEMY:

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:

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-0105	Childhood Immunizations	21 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: (CONTINUED)

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:

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:

PP-0571	Parenting Without Shame 3	10 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.

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PARENTING: (CONTINUED)

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.
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.

LIFE SKILLS: (CONTINUED)

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.
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.
LS-0103	The Art of Understanding Conflict	24 min.
LS-0104	Mastering Courageous Conflict	20 min.
LS-0811	Beyond Caring: Understanding Compassion Fatigue	15 min.
LS-0812	Caring for Yourself while You Care for Others	15 min.

SPECIAL CIRCUMSTANCES:

SC-0380	STD/STI Avoidance	19 min.
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.
SC-0815	Empowered Parenting: Navigating Discipline and Abuse	17 min.
SC-0816	Breaking the Silence: Rebuilding After Abuse	16 min.
SC-0817	Recognizing and Responding to Relationship Abuse	24 min.
SC-0818	Reclaiming Your Identity & Moving Forward from Abuse	16 min.

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	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.

LOVE LESSONS

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.
LL-0143	Cycle Wise: Your Body is Telling a Story	23 min.
LL-0144	Cycle Wise: Hormone Genius	21 min.
LL-0145	Cycle Wise: Hack Your Cycle	21 min.
LL-0146	Cycle Wise: Cycle Tracking	21 min.
LL-0147	Cycle Wise: Period Problems	22 min.
LL-0148	Cycle Wise: Family Planning 101	22 min.
LL-0149	Cycle Wise: What Every Guy Needs to Know	15 min.

POSITIVE PARTNERSHIPS:

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.
PP-0696	Single Parenting	16 min.

FATHERHOOD LESSONS:

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-0698	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.

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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.

FATHERHOOD LESSONS: (CON.T)

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.

List updated 2/11/2025