



# BrightCourse Lessons

## 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 2022	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-0641	FYB: Breastfeeding: Successful Breastfeeding	22 min.
PB-0642	FYB: Breastfeeding: Problems & Solutions	18 min.
PB-0643	FYB: Breastfeeding: Weaning	17 min.
PB-0697	Smoking & Alcohol During Pregnancy	20 min.

## PREGNANCY/BIRTH:

PB-0703	Drug Use During Pregnancy	16 min.
PB-0660	DYSH: I Could Never Do That	15min.
PB-0661	DYSH: What Is Open Adoption	4 min.
PB-0662	DYSH: A Birth Mother's Bill of Rights	10min.
PB-0663	DYSH: How Do I Live With This Decision	13min.
PB-0664	DYSH: Advice From Birth Mom's	10 min.
PB-0665	DYSH: Courtney's Story	15min.
PB-0666	DYSH: Hillary's Story	16min.
PB-0667	DYSH: Morgan's Story	12 min.
PB-0668	DYSH: Leah's Story	14 min.

## BRIGHTBIRTH ACADEMY:

BB-0646	You Are In Control	24 min.
BB-0647	Your Body and Birth	24 min.
BB-0648	Pain and Natural Birth	33 min.
BB-0649	B.R.A.I.N. and 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-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.

## FIRST YEAR:

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.
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	27min.

## 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.

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## PARENTING: (CONTINUED)

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 & Deployment	20 min.
PP-0285	Reunited Parents: Family Unity on Return	21 min.
PP-0505	Co-Parenting	27 min.
PP-0699	Words Matter – Hurtful Words	15 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.

### ***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.

### ***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.

### ***Single Parenting that Works***

PP-0755	Putting First Things First- L1	28 min.
PP-0756	Healing Past – Look to Future – L2	27 min.
PP-0757	Creating Harmony with Ex-Spouse – L3	25 min.
PP-0758	Helping Children Thrive in Single Parent Home-L4	24 min.
PP-0759	Learning Discipline with Love and Limits – L5	24 min.
PP-0760	Understanding Your Child's Personality –L6	26 min.

### ***Running the Rapids: Guiding Teenagers***

PP-0796	Know the River- L1	31 min.
PP-0797	Know the Raft – L2	31 min.
PP-0798	Know the Riders – L3	29 min.
PP-0799	Know the Risks –L4	31 min.
PP-0800	Know the Relationships – L5	31 min.
PP-0801	Know the Reality –L6	32 min.

### ***Making Children Mind Without Losing Yours***

PP-0150	Dare to be Courageous	25 min.
PP-0151	Why Kids Misbehave	27 min.
PP-0152	Becoming the Parent that God Wants You To Be	25 min.
PP-0153	Be Your Teenager's Best Friend	25 min.
PP-0154	The ABC'S of Self-Esteem	25 min.
PP-0155	Turning Everyday Hassles Into Everyday Successes	25 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	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.
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.

## LIFE SKILLS: (CONTINUED)

LS-0498	Success at Work	16 min.
LS-0103	The Art of Understanding Conflict	24 min.
LS-0104	Mastering Courageous Conflict	20 min.

## LOVE LESSONS & THE WHOLE SEX TALK:

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.
LL-0120	Talking With Our Kids About Sex	23 min.
LL-0121	Confronting the Past	29 min.
LL-0122	Pregnancy and Abortion	29 min.
LL-0123	Spiritual and Emotional Consequences	33 min.
LL-0124	Dating and Relationships	34 min.
LL-0125	Image Bearers At Heart	40 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 & Infant 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-0590TR	Unraveled Roots: Why Am I Here	7 min.
SC-0591TR	Unraveled Roots: The Root of Abandonment	13 min.
SC-0592TR	Unraveled Roots: The Root of Addiction	14 min.
SC-0593TR	Unraveled Roots: The Root of Abuse	13 min.
SC-0594TR	Unraveled Roots: The Root of Codependency	12 min.
SC-0595TR	Unraveled Roots: Where Do I Grow Now?	5 min.
SC-0598TR	Your Relationship: Healthy, Unhealthy or Toxic?	18 min.
SC-0599TR	Understanding Power and Control in Partner...	18 min.
SC-0600TR	Recognizing the Cycle of Abuse	16 min.
SC-0601TR	Warning Signs of Unhealthy People	18 min.
SC-0602TR	Can an Abuser Change?	18 min.
SC-0603TR	Reclaiming Your Value & Experiencing	18 min.

## SPECIAL CIRCUMSTANCES: (CONTINUED)

SC-0707	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.
SC-0721TR	Keys to Hope and Healing: Acknowledge Where You Are	10 min.
SC-0722TR	Keys to Hope and Healing: You Are Not Alone	9 min.
SC-0723TR	Keys to Hope and Healing: Freedom From Anger	8 min.
SC-0724TR	Keys to Hope and Healing: Moving through Grief	11 min.
SC-0725TR	Keys to Hope and Healing: Walking in Confidence	9 min.
SC-0726TR	Keys to Hope and Healing: Giving Hope to Others	8 min.
SC-0776TR	Understanding Trauma: Naming Trauma	11 min.
SC-0777TR	Understanding Trauma: Our Trauma is not Our Identity	9 min.
SC-0778TR	Understanding Trauma: Shame and Other Useless Things	10 min.
SC-0779TR	Understanding Trauma: Hard Days:Self-Help not Self-Care	10 min.
SC-0780TR	Understanding Trauma: Boundaries and Seeking Help	14 min.
SC-0781TR	Understanding Trauma: What does Healing Mean	9 min.
SC-0769TRM:	Keys to Hope and Healing: Acknowledge Where You	13 min.
SC-0770TR	M:Keys to Hope and Healing: You Are Not Alone	10 min.
SC-0771TR	M:Keys to Hope and Healing: Freedom from Anger	12 min.
SC-0772TR	M:Keys to Hope and Healing: Moving through Grief	9 min.
SC-0773TR	M:Keys to Hope and Healing: Walking in Confidence	13 min.
SC-0795TR	M:Keys to Hope and Healing: Giving Hope to Others	10 min.
SC-0160TR	Unraveled Roots for Men: Why Am I Here	8 min.
SC-0161TR	Unraveled Roots for Men: The Root of Abandonment	16 min.
SC-0162TR	Unraveled Roots for Men: The Root of Addiction	20 min.
SC-0163TR	Unraveled Roots for Men: The Root of Abuse	20 min.
SC-0164TR	Unraveled Roots for Men: The Root of Codependency	15 min.
SC-0165TR	Unraveled Roots for Men: Where Do We Grow from Here?	6 min.

## POSITIVE PARTNERSHIPS:

RS-0692	Boundaries	28 min.
RS-0694	Making the Marriage Choice	24 min.
RS-0775	Unhealthy Boundaries	21 min.
RS-0693	Cohabitation	17 min.
RS-0695	Staying Married	19 min.
RS-0696	Single Parenting	16 min.
RS-0762	MMM: L1 Designed to be Different	26 min.
RS-0763	MMM: L2 Where Have all the Flowers Gone	25 min.
RS-0764	MMM: L3 Striking the Perfect Match	25 min.
RS-0765	MMM: L4 Looking for Love in Two Special Faces	24 min.
RS-0766	MMM: L5 Don't Rock the Jukebox	31 min.
RS-0767	MMM: L6 Sex Begins in the Kitchen	26 min.
RS-0768	MMM: L7 Enjoying the Journey	29 min.
RS-0126	Blended: Before All of Us Say I Do	25 min.
RS-0127	Blended: With These Kids I Thee Wed	25 min.
RS-0128	Blended: Blending Without Colliding	26 min.
RS-0129	Blended: Surviving the Birth Order Blender	26 min.
RS-0130	Blended: Same Language-Different Dialect	25 min.
RS-0131	Blended: Looking at Life through Your Mate's Eyes	26 min.

## FATHERHOOD LESSONS:

PF-0489	The Fatherhood Adventure: Taking Care Pregnancy	27 min.
PF-0490	The Fatherhood Adventure: Taking Care Birth	26 min.
PF-0491	The Fatherhood Adventure: Taking Care Postpartum	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.
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.

## BIBLE STUDIES:

BS-0577TR	Giving God Your Worst: Offering Your Worst to God	18 min.
BS-0578TR	Giving God Your Worst: Painful Truth & Forgiveness	19 min.
BS-0579TR	Giving God Your Worst: From Sinner to Saint	15 min.
BS-0580TR	Giving God Your Worst: The Truth Shall Set You Free	23 min.
BS-0581TR	Giving God Your Worst: Surrendering Our Weakness	18 min.
BS-0582TR	Giving God Your Worst: Gaining Victory	20 min.
BS-0607	Upside Down Love: The Bible	14 min.

## BIBLE STUDIES: (CONTINUED)

BS-0606	Upside Down Love: Grace and Commands	13 min.
BS-0628	Upside Down Love: The King Among the Cows	13 min.
BS-0631	Upside Down Love: The Faithful Fisherman	13 min.
BS-0633	Upside Down Love: The Servant Above the Served	14 min.
BS-0634	Upside Down Love: The Greatest Dying for Least	11 min.
BS-0637	Upside Down Love: The Guilty in Heaven	11 min.
BS-0623TR	Unlocking the Gospel: Identity Matters	18 min.
BS-0624TR	Unlocking the Gospel: Receiving Jesus Savior	13 min.
BS-0625TR	Unlocking the Gospel: Recognizing Satan	20 min.
BS-0613TR	Disciple: Your Unwritten Autobiography	31 min.
BS-0614TR	Disciple: How the Story Starts	32 min.
BS-0615TR	Disciple: A True Story	30 min.
BS-0616TR	Disciple: The Story of the World	31 min.
BS-0617TR	Disciple: The Story of the Flesh	26 min.
BS-0618TR	Disciple: The Story of the Devil	28 min.
BS-0619TR	Disciple: Truth and Emotions	29min.
BS-0620TR	Disciple: Forgiving From the Heart	33 min.
BS-0621TR	Disciple: Walking Into the Next Chapter	33 min.
BS-0622TR	Disciple: Action Story	32 min.

List updated 8/13/2024  
TR=Training Required