BrightCourseLessons

PREGNANCY & BIRTH PACK:

PB-0371	Your First Trimester	30 mins
PB-0362	Prenatal Care	18 mins
PB-0370	Eating for Two	23 mins
PB-0004	Your Ultrasound Appointment	18 mins
PB-0499	First Trimester Expectations	21 mins
PB-0373	Your Second Trimester	25 mins
PB-0007	Emotions of Pregnancy	25 mins
PB-0372	What is Safe in Pregnancy	24 mins
PB-0009	Bonding with Your Unborn Baby	19 mins
PB-0500	Second Trimester Expectations	22 mins
PB-0374	Your Third Trimester	26 mins
PB-0383	The Final Stretch	21 mins
PB-0568	Your Unborn Baby's Secret World	18 mins
PB-0014	Big Belly Mom Hacks	28 mins
PB-0501	Third Trimester Expectations	23 mins
PB-0566	Labor Expectations	15 mins
PB-0481	Preparing for a C-Section	25 mins
PB-0363	Getting Ready: Nesting	20 mins
PB-0589	Labor and Delivery: Getting Ready	23 mins
PB-0588	Labor and Delivery: Natural Comfort	23 mins
PB-0604	Labor and Delivery: Medical Pain Re	21 mins
PB-0610	Labor and Delivery: Training Your B	21 mins
PB-0630	Eye Contact Means Love	18 mins
PB-0567	Infant Temperament	21 mins
PB-0535	The Importance of Bonding	21 mins
PB-0021	Infant Expectations	20 mins
PB-0022	Infant Hygiene	22 mins
PB-0023	Simple Infant Care	19 mins
PB-0024	Taking Care of Yourself after Child	40 mins
PB-0318	Postpartum Depression	28 mins
PB-0802	Going It Alone	19 mins
PB-0319	At Risk Pregnancy	24 mins
PB-0384	Shaken Baby Syndrome	17 mins
PB-0565	Expecting Twins & More	24 mins
PB-0639	Feeding Your Baby: The Bottle	21 mins
PB-0640	Breastfeeding - Getting Started	20 mins
PB-0641	Breastfeeding - Successful Breastfe	22 mins
PB-0642	Breastfeeding - Problems and Soluti	18 mins
PB-0643	Breastfeeding - Weaning	17 mins
PB-0660	DYSH: I Could Never Do That	15 mins
PB-0661	DYSH: What is Open Adoption	4 mins
PB-0662	DYSH: A Birth Mother's Bill of Righ	10 mins
PB-0663	DYSH: How do I Live With This Decis	13 mins
PB-0697	Smoking and Alcohol Use During Preg	20 mins

PREGNANCY & BIRTH PACK: (cont.)

PB-0703	Drug Use During Pregnancy	16 mins
PB-0141	Basic Decision Making Part 1	24 mins
PB-0142	Basic Decision Making Part 2	22 mins
PB-0843	Premature Birth	19 mins
PB-0844	Navigating the NICU	21 mins
PB-0846	Premature Infant Milestones	17 mins

BRIGHTBIRTH ACADEMY:

BB-0646	Lesson 1: You Are In Control	24 mins
BB-0647	Lesson 2: Your Body & Birth	24 mins
BB-0648	Lesson 3: Pain & Natural Birth	33 mins
BB-0649	Lesson 4: B.R.A.I.N. & Decision Mak	16 mins
BB-0650	Lesson 5: Medical Pain Relief, Inte	20 mins
BB-0651	Lesson 6: Planning for Birth	13 mins
BB-0652	Lesson 7: Postpartum	14 mins

FIRST YEAR PACK:

FY-0322	Mommy Work	16 mins
FY-0323	Being a Super Mom	19 mins
FY-0033	Car Seat Safety	39 mins
FY-0364	Mommy Nutrition	22 mins
FY-0035	Preventing Child Sexual Abuse	29 mins
FY-0105	Childhood Immunizations	21 mins
FY-0037	SIDS	22 mins
FY-0326	Newborn Sickness	25 mins
FY-0626	Infant Accidents	17 mins
FY-0039	Infant CPR	20 mins
FY-0041	Infant Nutrition	22 mins
FY-0042	Baby On the Move	26 mins
FY-0375	Getting Your Baby to Sleep	18 mins
FY-0492	Crying	24 mins
FY-0448	Quality Child Care	21 mins
FY-0475	Understanding Your Infant	21 mins
FY-0477	0-3 Months: Infant Expectations	24 mins
FY-0478	3-6 Months: Infant Expectations	20 mins

FIRST YEAR PACK: (cont.)

FY-0479	6-9 Months: Infant Expectations	20 mins
FY-0480	9-12 Months: Infant Expectations	19 mins
FY-0584	Dunstan Baby Language 1	10 mins
FY-0585	Dunstan Baby Language 2	23 mins
FY-0586	Dunstan Baby Language 3	10 mins
FY-0655	Teething Time	22 mins

TODDLER PACK:

TP-0111	Mommy Milestones	22 mins
TP-0112	12-15 Month Milestones	24 mins
TP-0113	15-18 Month Milestones	19 mins
TP-0114	18-24 Month Milestones	22 mins
TP-0115	24-36 Month Milestones	21 mins
TP-0455	Potty Training	25 mins
TP-0376	Tantrums	19 mins
TP-0365	Whining	18 mins
TP-0119	Siblings	25 mins
TP-0366	Sleeping, Bedtimes, Mornings	18 mins
TP-0377	Bonding with your Toddler	20 mins
TP-0367	Time With Toddler	19 mins
TP-0368	The Importance of Words	19 mins
TP-0369	I Can Do It Myself	20 mins
TP-0493	Toddler Play	22 mins
TP-0327	Toddler Accidents	24 mins
TP-0328	Toddler Safety	22 mins
TP-0329	Toddler Illness	24 mins
TP-0330	Toddler Nutrition	20 mins
TP-0331	Toddler Oral Health	22 mins
TP-0672	Getting Your Child to Eat	27 mins

PARENTING PACK:

PP-0571	Parenting Without Shame Ch. 3	10 mins
PP-0573	Parenting Without Shame Ch. 5	11 mins
PP-0574	Parenting Without Shame Ch. 6	15 mins
PP-0575	Parenting Without Shame Ch. 7	12 mins
PP-0385	Creating Motivation	18 mins
PP-0386	Creating Honesty	19 mins
PP-0387	Creating Courage	18 mins
PP-0388	Creating Kindness	19 mins
PP-0389	Creating Confidence	21 mins
PP-0390	ADHD	25 mins

PARENTING PACK: (cont.)

PP-0391	Autism	22 mins
PP-0392	Strong-Willed Children	20 mins
PP-0393	Child Anger	21 mins
PP-0394	Sexual Behavior and Children	26 mins
PP-0284	Single Parenting During Deployment	20 mins
PP-0285	Reunited Parents: Family Unity On R	21 mins
PP-0505	Co-Parenting	27 mins
PP-0701	Words Matter - Silent Words	15 mins
PP-0702	Words Matter - No Words	18 mins
PP-0700	Words Matter - Magic Words	24 mins

ONE HEART, TWO HOMES PACK (COPARENTING):

OH-0504	There is Hope! (SFather)	29 mins
OH-0506	There is Hope! (SMother)	21 mins
OH-0507	There is Hope! (StF)	33 mins
OH-0508	There is Hope! (StM)	33 mins
OH-0509	Stable Parent, Stable Home (SFather	35 mins
OH-0510	Stable Parent, Stable Home (SMother	30 mins
OH-0511	Stable Parent, Stable Home (StF)	24 mins
OH-0512	Stable Parent, Stable Home (StM)	24 mins
OH-0513	Co-parent Communication (SFather)	28 mins
OH-0514	Co-parent Communication (SMother)	28 mins
OH-0515	Co-parent Communication (StF)	28 mins
OH-0516	Co-parent Communication (StM)	28 mins
OH-0517	Meetings & Handoffs (SFather)	29 mins
OH-0518	Meetings & Handoffs (SMother)	29 mins
OH-0519	Meetings & Handoffs (StF)	29 mins
OH-0520	Meetings & Handoffs (StM)	29 mins
OH-0521	Risks Children after Div (SFather)	39 mins
OH-0522	Risks Children after Div (SMother)	39 mins
OH-0523	Risks Children after Div (StF)	39 mins
OH-0524	Risks Children after Div (StM)	39 mins
OH-0525	Holidays, Sp Occ & School (SFather)	33 mins
OH-0526	Holidays, Sp Occ & School (SMother)	33 mins
OH-0527	Holidays, Sp Occ & School (StF)	33 mins
OH-0528	Holidays, Sp Occ & School (StM)	33 mins
OH-0529	Critical Issues (SFather)	36 mins
OH-0530	Critical Issues (SMother)	36 mins
OH-0531	Critical Issues (StF)	36 mins
OH-0532	Critical Issues (StM)	36 mins
OH-0533	Abuse, Addict & Aban (SFather)	44 mins
OH-0534	Abuse, Addict & Aban (SMother)	44 mins
OH-0536	Abuse, Addict & Aban (StF)	32 mins

ONE HEART, TWO HOMES PACK (COPARENTING): (cont.)

OH-0537	Abuse, Addict & Aban (StM)	32 mins
OH-0538	Dating & Remarriage (SFather)	13 mins
OH-0539	Dating & Remarriage (SMother)	13 mins
OH-0540	Dating & Remarriage (StF)	30 mins
OH-0541	Dating & Remarriage (StM)	27 mins
OH-0542	Beyond Child Support (SFather)	39 mins
OH-0543	Beyond Child Support (SMother)	39 mins
OH-0544	Beyond Child Support (StF)	39 mins
OH-0545	Beyond Child Support (StM)	39 mins

LIFE SKILLS PACK:

LS-0447	Taking Care of Your Hygiene	22 mins
LS-0450	Screen Time and You	21 mins
LS-0451	Depression and Suicide	25 mins
LS-0452	Home Health	18 mins
LS-0453	Anger Management	24 mins
LS-0186	Fighting The Impulse to Spend	18 mins
LS-0187	The Monster of Debt	18 mins
LS-0188	Credit Cards, Friend or Foe?	18 mins
LS-0189	Financial Emergencies	16 mins
LS-0190	Budgeting 101	14 mins
LS-0191	Credit Scores, the Good, the Bad, t	14 mins
LS-0192	Buying a Car	19 mins
LS-0193	Career or Job? Planning for More	16 mins
LS-0194	Staying out of Debt	15 mins
LS-0195	Your Financial Future	14 mins
LS-0312	Helping Children Process Change	18 mins
LS-0313	Family Stability Inside Change	21 mins
LS-0314	Getting Established In a New Area	21 mins
LS-0315	What Is a Family	18 mins
LS-0317	Successful Family Living	22 mins
LS-0494	Preparing for a Job - The Hard Trut	19 mins
LS-0495	Finding a Job	18 mins
LS-0496	Preparing for the Interview	16 mins
LS-0497	At the Interview	17 mins
LS-0498	Success at Work	16 mins
LS-0103	Conflict: The Art of Understanding	24 mins
LS-0104	Conflict: Mastering Communication	20 mins
LS-0811	Understanding Compassion Fatigue an	15 mins
LS-0812	Caring for Self While You Care for	15 mins

LOVE LESSONS, WHOLE SEX TALK, CYCLE WISE PACK:

LL-0559		Pregnancy is Not a Disease	14 mins
LL-0560		STIs	19 mins
LL-0562		Dangers of Porn	17 mins
LL-0564		Protect Yourself	15 mins
LL-0143	TR	Cycle Wise: Your Body is Telling St	23 mins
LL-0144	TR	Cycle Wise: Hormone Genius	21 mins
LL-0145	TR	Cycle Wise: Hack Your Cycle	21 mins
LL-0146	TR	Cycle Wise: Cycle Tracking	21 mins
LL-0147	TR	Cycle Wise: Period Problems	22 mins
LL-0148	TR	Cycle Wise: Family Planning 101	22 mins
LL-0149	TR	Cycle Wise: What Every Guy Needs to	15 mins

SEXUAL WHOLENESS:

SW-0380	STD/STI Avoidance	19 mins
SW-0832	Gender Dysphoria & Biological Integ	15 mins
SW-0833	Gender-Affirming Care Isn't What Yo	16 mins
SW-0835	Gender Affirming Care: Not Worth Th	22 mins
SW-0836	Growing Your Relationship with Your	12 mins
SW-0837	Influences on Your Child	16 mins
SW-0838	Helping child have positive view of	19 mins
SW-0840	Positive View Body, Gender, and Sex	13 mins
SW-0841	Positive View Body, Gender, and Sex	12 mins

SPECIAL CIRCUMSTANCES PACK:

SC-0721	KHH1: Acknowledge where you are now	10 mins
SC-0722	KHH2: You are not alone	9 mins
SC-0723	KHH3: Freedom from anger through fo	8 mins
SC-0724	KHH4: Moving through grief	11 mins
SC-0725	KHH5: Walking in confidence and hop	9 mins
SC-0726	KHH6: Giving hope to others	8 mins
SC-0769	MKHH1: Acknowledge Where You Are No	13 mins
SC-0770	MKHH2: You are not alone	10 mins
SC-0771	MKHH3: Freedom from anger through f	12 mins
SC-0772	MKHH4: Moving through grief	9 mins
SC-0773	MKHH5: Walking in confidence and ho	13 mins
SC-0795	MKHH6: Giving hope to others	10 mins
SC-0815	Child Abuse: Navigating Discipline	17 mins
SC-0816	Child Abuse: Breaking the Silence:	16 mins
SC-0817	IPV- Recognizing and Responding to	24 mins
SC-0818	IPV- Reclaiming Your Identity and	16 mins

SPECIAL CIRCUMSTANCES PACK: (cont.)

SC-0160 TR	URRM - Why Am I Here?	8 mins
SC-0161 TR	URRM - The Root of Abandonment	16 mins
SC-0162 TR	URRM - The Root of Addiction	20 mins
SC-0163 TR	URRM- The Root of Abuse	20 mins
SC-0164 TR	URRM- The Root of Codependency	15 mins
SC-0165 TR	URRM - Where Do We Grow From Here	6 mins

POSITIVE PARTNERSHIPS PACK:

RS-0692	PP- Boundaries	28 mins
RS-0775	PP- Unhealthy Boundaries	21 mins
RS-0693	PP- Cohabitation	17 mins
RS-0694	PP- Making Marriage Choice	24 mins
RS-0695	PP - Staying Married	20 mins
RS-0696	PP- Single Parenting	17 mins

FATHERHOOD LESSONS BEING A FATHER PACK:

PF-0489	TFA: Taking Care During Pregnancy	27 mins
PF-0490	TFA: Taking Care During Birth	26 mins
PF-0491	TFA: Taking Care them Postpartum	26 mins
PF-0698	TFA: Baby Care Basics for Dads	19 mins
PF-0482	BAF: The Two Questions	24 mins
PF-0483	BAF: Real Time	25 mins
PF-0484	BAF: Being a Role Model	22 mins
PF-0485	BAF: Being a Leader	23 mins
PF-0486	BAF: Being Consistent	18 mins
PF-0487	BAF: Loving Discipline	22 mins
PF-0488	BAF: Practical Discipline	23 mins
PF-0794	BAF: Respect for Mothers	24 mins

CLIENT PROMOTIONAL ITEMS:

CP-0596	Promo & Lesson List - Public	1 mins

List updated 7/9/2025

TR=Training Required