

# BrightCourseLessons

## PREGNANCY ESSENTIALS:

PB-0362	Prenatal Care	18:00 mins.
PB-0370	Eating for Two (2)	23:00 mins.
PB-0004	Your Ultrasound Appointment	18:00 mins.
PB-0007	Emotions of Pregnancy	25:00 mins.
PB-0372	What is Safe in Pregnancy	24:00 mins.
PB-0009	Bonding with Your Unborn Baby	19:00 mins.
PB-0568	Your Unborn Baby's Secret World	18:00 mins.
PB-0014	Big Belly Mom Hacks	28:00 mins.
PB-0319	At Risk Pregnancy	24:00 mins.
PB-0565	Expecting Twins & More	24:00 mins.
PB-0697	Smoking and Alcohol Use During Preg	20:00 mins.
PB-0703	Drug Use During Pregnancy	16:00 mins.
PB-0861	BrightBaby: The Effects of Alcohol	02:00 mins.
PB-0862	BrightBaby: Pregnancy Emotions and	02:00 mins.
PB-0863	BrightBaby: The Effects of Smoking	02:00 mins.

## PREGNANCY OPTIONS:

PO-0141	B&M: Basic Decision Making Part 1	24:00 mins.
PO-0142	B&M: Basic Decision Making Part 2	22:00 mins.
PO-0802	Going It Alone	19:00 mins.
PO-0660	DYSH: I Could Never Do That	15:00 mins.
PO-0661	DYSH: What is Open Adoption	04:00 mins.
PO-0662	DYSH: A Birth Mother's Bill of Righ	10:00 mins.
PO-0663	DYSH: How do I Live With This Decis	13:00 mins.

## PREGNANCY MILESTONES:

PM-0371	TRI: Your First Trimester	30:00 mins.
PM-0499	EXP: First Trimester Expectations	21:00 mins.
PM-0373	TRI: Your Second Trimester	25:00 mins.
PM-0500	EXP: Second Trimester Expectations	22:00 mins.
PM-0374	TRI: Your Third Trimester	26:00 mins.
PM-0383	The Final Stretch	21:00 mins.
PM-0501	EXP: Third Trimester Expectations	23:00 mins.
PM-0860	BrightBaby: Stages of Pregnancy	03:00 mins.

## LABOR, DELIVERY, AND FIRST WEEKS:

BB-0566	EXP: Labor Expectations	15:00 mins.
BB-0481	Preparing for a C-Section	25:00 mins.
BB-0363	Getting Ready: Nesting	20:00 mins.
BB-0589	L&D: Labor and Delivery: Getting Re	23:00 mins.
BB-0588	L&D: Labor and Delivery: Natural Co	23:00 mins.
BB-0604	L&D: Labor and Delivery: Medical Pa	21:00 mins.
BB-0610	L&D: Labor and Delivery: Training Y	21:00 mins.
BB-0646	BB: Lesson 1: You Are In Control	24:00 mins.
BB-0647	BB: Lesson 2: Your Body & Birth	24:00 mins.
BB-0648	BB: Lesson 3: Pain & Natural Birth	33:00 mins.
BB-0649	BB: Lesson 4: B.R.A.I.N. & Decision	16:00 mins.
BB-0650	BB: Lesson 5: Medical Pain Relief,	20:00 mins.
BB-0651	BB: Lesson 6: Planning for Birth	13:00 mins.
BB-0652	BB: Lesson 7: Postpartum	14:00 mins.
BB-0024	Taking Care of Yourself after Child	40:00 mins.
BB-0318	Postpartum Depression	28:00 mins.
BB-0639	FYB: Feeding Your Baby: The Bottle	21:00 mins.
BB-0640	FYB: Breastfeeding - Getting Starte	20:00 mins.
BB-0641	FYB: Breastfeeding - Successful Bre	22:00 mins.
BB-0642	FYB: Breastfeeding - Problems and S	18:00 mins.
BB-0643	FYB: Breastfeeding - Weaning	17:00 mins.
BB-0384	Shaken Baby Syndrome	17:00 mins.
BB-0630	Eye Contact Means Love	18:00 mins.
BB-0567	Infant Temperament	21:00 mins.
BB-0535	The Importance of Bonding	21:00 mins.
BB-0021	Infant Expectations	20:00 mins.
BB-0022	Infant Hygiene	22:00 mins.
BB-0023	Simple Infant Care	19:00 mins.
BB-0843	Premature Birth	19:00 mins.
BB-0844	Navigating the NICU	21:00 mins.
BB-0846	Premature Infant Milestones	17:00 mins.

## FIRST YEAR:

FY-0322	Mommy Work	16:00 mins.
FY-0323	Being a Super Mom	19:00 mins.
FY-0033	Car Seat Safety	39:00 mins.
FY-0364	Mommy Nutrition	22:00 mins.
FY-0035	Preventing Child Sexual Abuse	29:00 mins.
FY-0105	Childhood Immunizations	21:00 mins.

## FIRST YEAR: (cont.)

FY-0037	SIDS	22:00 mins.
FY-0326	Newborn Sickness	25:00 mins.
FY-0626	Infant Accidents	17:00 mins.
FY-0039	Infant CPR	20:00 mins.
FY-0041	Infant Nutrition	22:00 mins.
FY-0042	Baby On the Move	26:00 mins.
FY-0375	Getting Your Baby to Sleep	18:00 mins.
FY-0492	Crying	24:00 mins.
FY-0448	Quality Child Care	21:00 mins.
FY-0475	Understanding Your Infant	21:00 mins.
FY-0477	INEX: 0-3 Months: Infant Expectatio	24:00 mins.
FY-0478	INEX: 3-6 Months: Infant Expectatio	20:00 mins.
FY-0479	INEX: 6-9 Months: Infant Expectatio	20:00 mins.
FY-0480	INEX: 9-12 Months: Infant Expectati	19:00 mins.
FY-0584	DUN: Dunstan Baby Language 1	10:00 mins.
FY-0585	DUN: Dunstan Baby Language 2	23:00 mins.
FY-0586	DUN: Dunstan Baby Language 3	10:00 mins.
FY-0655	Teething Time	22:00 mins.

## TODDLER:

TP-0111	TMIL: Mommy Milestones	22:00 mins.
TP-0112	TMIL: 12-15 Month Milestones	24:00 mins.
TP-0113	TMIL: 15-18 Month Milestones	19:00 mins.
TP-0114	TMIL: 18-24 Month Milestones	22:00 mins.
TP-0115	TMIL: 24-36 Month Milestones	21:00 mins.
TP-0455	Potty Training	25:00 mins.
TP-0376	Tantrums	19:00 mins.
TP-0365	Whining	18:00 mins.
TP-0119	Siblings	25:00 mins.
TP-0366	Sleeping, Bedtimes, Mornings	18:00 mins.
TP-0377	Bonding with your Toddler	20:00 mins.
TP-0367	Time With Toddler	19:00 mins.
TP-0368	The Importance of Words	19:00 mins.
TP-0369	I Can Do It Myself	20:00 mins.
TP-0493	Toddler Play	22:00 mins.
TP-0327	Toddler Accidents	24:00 mins.
TP-0328	Toddler Safety	22:00 mins.
TP-0329	Toddler Illness	24:00 mins.
TP-0330	Toddler Nutrition	20:00 mins.
TP-0331	Toddler Oral Health	22:00 mins.
TP-0672	Getting Your Child to Eat	27:00 mins.

## PARENTING:

PP-0571	PWS: Parenting Without Shame Ch. 3	10:00 mins.
PP-0573	PWS: Parenting Without Shame Ch. 5	11:00 mins.
PP-0574	PWS: Parenting Without Shame Ch. 6	15:00 mins.
PP-0575	PWS: Parenting Without Shame Ch. 7	12:00 mins.
PP-0385	CRT: Creating Motivation	18:00 mins.
PP-0386	CRT: Creating Honesty	19:00 mins.
PP-0387	CRT: Creating Courage	18:00 mins.
PP-0388	CRT: Creating Kindness	19:00 mins.
PP-0389	CRT: Creating Confidence	21:00 mins.
PP-0390	ADHD	25:00 mins.
PP-0391	Autism	22:00 mins.
PP-0392	Strong-Willed Children	20:00 mins.
PP-0393	Child Anger	21:00 mins.
PP-0394	Sexual Behavior and Children	26:00 mins.
PP-0284	Single Parenting During Deployment	20:00 mins.
PP-0285	Reunited Parents: Family Unity On R	21:00 mins.
PP-0505	WM: Co-Parenting	27:00 mins.
PP-0701	WM: Words Matter - Silent Words	15:00 mins.
PP-0702	WM: Words Matter - No Words	18:00 mins.
PP-0700	WM: Words Matter - Magic Words	24:00 mins.
PP-0880	AWS: Awakening the Eight Smarts	12:15 mins.
PP-0881	AWS: Reawakening Smarts in Children	10:34 mins.

## ONE HEART, TWO HOMES:

OH-0504	1H2H: There is Hope! (SFather)	29:00 mins.
OH-0506	1H2H: There is Hope! (SMother)	21:00 mins.
OH-0507	1H2H: There is Hope! (StF)	33:00 mins.
OH-0508	1H2H: There is Hope! (StM)	33:00 mins.
OH-0509	1H2H: Stable Parent, Stable Home (S	35:00 mins.
OH-0510	1H2H: Stable Parent, Stable Home (S	30:00 mins.
OH-0511	1H2H: Stable Parent, Stable Home (S	24:00 mins.
OH-0512	1H2H: Stable Parent, Stable Home (S	24:00 mins.
OH-0513	1H2H: Co-parent Communication (SFat	28:00 mins.
OH-0514	1H2H: Co-parent Communication (SMo	28:00 mins.
OH-0515	1H2H: Co-parent Communication (StF)	28:00 mins.
OH-0516	1H2H: Co-parent Communication (StM)	28:00 mins.
OH-0517	1H2H: Meetings & Handoffs (SFather)	29:00 mins.
OH-0518	1H2H: Meetings & Handoffs (SMother)	29:00 mins.
OH-0519	1H2H: Meetings & Handoffs (StF)	29:00 mins.
OH-0520	1H2H: Meetings & Handoffs (StM)	29:00 mins.
OH-0521	1H2H: Risks Children after Div (SFA	39:00 mins.
OH-0522	1H2H: Risks Children after Div (SMo	39:00 mins.
OH-0523	1H2H: Risks Children after Div (StF)	39:00 mins.
OH-0524	1H2H: Risks Children after Div (StM)	39:00 mins.
OH-0525	1H2H: Holidays, Sp Occ & School (SF	33:00 mins.

## ONE HEART, TWO HOMES: (cont.)

OH-0526	1H2H: Holidays, Sp Occ & School (SM	33:00 mins.
OH-0527	1H2H: Holidays, Sp Occ & School (St	33:00 mins.
OH-0528	1H2H: Holidays, Sp Occ & School (St	33:00 mins.
OH-0529	1H2H: Critical Issues (SFather)	36:00 mins.
OH-0530	1H2H: Critical Issues (SMother)	36:00 mins.
OH-0531	1H2H: Critical Issues (StF)	36:00 mins.
OH-0532	1H2H: Critical Issues (StM)	36:00 mins.
OH-0533	1H2H: Abuse, Addict & Aban (SFather	44:00 mins.
OH-0534	1H2H: Abuse, Addict & Aban (SMother	44:00 mins.
OH-0536	1H2H: Abuse, Addict & Aban (StF)	32:00 mins.
OH-0537	1H2H: Abuse, Addict & Aban (StM)	32:00 mins.
OH-0538	1H2H: Dating & Remarriage (SFather)	13:00 mins.
OH-0539	1H2H: Dating & Remarriage (SMother)	13:00 mins.
OH-0540	1H2H: Dating & Remarriage (StF)	30:00 mins.
OH-0541	1H2H: Dating & Remarriage (StM)	27:00 mins.
OH-0542	1H2H: Beyond Child Support (SFather	39:00 mins.
OH-0543	1H2H: Beyond Child Support (SMother	39:00 mins.
OH-0544	1H2H: Beyond Child Support (StF)	39:00 mins.
OH-0545	1H2H: Beyond Child Support (StM)	39:00 mins.

## LIFE SKILLS:

LS-0447	Taking Care of Your Hygiene	22:00 mins.
LS-0450	Screen Time and You	21:00 mins.
LS-0451	Depression and Suicide	25:00 mins.
LS-0452	Home Health	18:00 mins.
LS-0453	Anger Management	24:00 mins.
LS-0186	Fighting The Impulse to Spend	18:00 mins.
LS-0187	The Monster of Debt	18:00 mins.
LS-0188	Credit Cards, Friend or Foe?	18:00 mins.
LS-0189	Financial Emergencies	16:00 mins.
LS-0190	Budgeting 101	14:00 mins.
LS-0191	Credit Scores, the Good, the Bad, t	14:00 mins.
LS-0192	Buying a Car	19:00 mins.
LS-0193	Career or Job? Planning for More	16:00 mins.
LS-0194	Staying out of Debt	15:00 mins.
LS-0195	Your Financial Future	14:00 mins.
LS-0312	Helping Children Process Change	18:00 mins.
LS-0313	Family Stability Inside Change	21:00 mins.
LS-0314	Getting Established In a New Area	21:00 mins.
LS-0315	What Is a Family	18:00 mins.
LS-0317	Successful Family Living	22:00 mins.
LS-0494	Preparing for a Job - The Hard Trut	19:00 mins.
LS-0495	Finding a Job	18:00 mins.
LS-0496	Preparing for the Interview	16:00 mins.
LS-0497	At the Interview	17:00 mins.

## LIFE SKILLS: (cont.)

LS-0498	Success at Work	16:00 mins.
LS-0103	CNFL: Conflict: The Art of Understa	24:00 mins.
LS-0104	CNFL: Conflict: Mastering Communica	20:00 mins.
LS-0811	Understanding Compassion Fatigue an	15:00 mins.
LS-0812	Caring for Self While You Care for	15:00 mins.

## SPECIAL CIRCUMSTANCES:

SC-0721	KHH: Acknowledge where you are now	10:00 mins.
SC-0722	KHH: You are not alone	09:00 mins.
SC-0723	KHH: Freedom from anger through for	08:00 mins.
SC-0724	KHH: Moving through grief	11:00 mins.
SC-0725	KHH: Walking in confidence and hope	09:00 mins.
SC-0726	KHH: Giving hope to others	08:00 mins.
SC-0769	MKHH: Acknowledge Where You Are Now	13:00 mins.
SC-0770	MKHH: You are not alone	10:00 mins.
SC-0771	MKHH: Freedom from anger through fo	12:00 mins.
SC-0772	MKHH: Moving through grief	09:00 mins.
SC-0773	MKHH: Walking in confidence and hop	13:00 mins.
SC-0795	MKHH: Giving hope to others	10:00 mins.
SC-0815	CA: Child Abuse: Navigating Discipl	17:00 mins.
SC-0816	CA: Child Abuse: Breaking the Silen	16:00 mins.
SC-0817	IPV: IPV- Recognizing and Respondin	24:00 mins.
SC-0818	IPV: IPV- Reclaiming Your Identity	16:00 mins.
SC-0160 <sup>TR</sup>	URM: Why Am I Here?	08:00 mins.
SC-0161 <sup>TR</sup>	URM: The Root of Abandonment	16:00 mins.
SC-0162 <sup>TR</sup>	URM: The Root of Addiction	20:00 mins.
SC-0163 <sup>TR</sup>	URM: The Root of Abuse	20:00 mins.
SC-0164 <sup>TR</sup>	URM: The Root of Codependency	15:00 mins.
SC-0165 <sup>TR</sup>	URM: Where Do We Grow From Here	06:00 mins.

## LOVE, RELATIONSHIPS, & SEXUAL WHOLENESS:

LL-0559	Pregnancy is Not a Disease	14:00 mins.
LL-0560	STIs	19:00 mins.
LL-0562	Dangers of Porn	17:00 mins.
LL-0564	Protect Yourself	15:00 mins.
LL-0380	LL: STD/STI Avoidance	19:00 mins.

## WHOLE-PERSON DESIGN: BIOLOGY WITH PURPOSE:

## CLIENT PROMOTIONAL ITEMS:

CP-0596 Promo & Lesson List - Public

01:00 mins.

SW-0143	TR CW: Cycle Wise: Your Body is Tellin	23:00 mins.
SW-0144	TR CW: Cycle Wise: Hormone Genius	21:00 mins.
SW-0145	TR CW: Cycle Wise: Hack Your Cycle	21:00 mins.
SW-0146	TR CW: Cycle Wise: Cycle Tracking	21:00 mins.
SW-0147	TR CW: Cycle Wise: Period Problems	22:00 mins.
SW-0148	TR CW: Cycle Wise: Family Planning 101	22:00 mins.
SW-0149	TR CW: Cycle Wise: What Every Guy Need	15:00 mins.
SW-0832	PTGC: Gender Dysphoria & Biological	15:00 mins.
SW-0833	PTGC: Gender-Affirming Care Isn't W	16:00 mins.
SW-0835	PTGC: Gender Affirming Care: Not Wo	22:00 mins.
SW-0836	PTGC: Growing Your Relationship wit	12:00 mins.
SW-0837	PTGC: Influences on Your Child	16:00 mins.
SW-0838	PTGC: Helping child have positive v	19:00 mins.
SW-0840	PVB: Positive View Body, Gender, an	13:00 mins.
SW-0841	PVB: Positive View Body, Gender, an	12:00 mins.
SW-0858	TMIS: The Me I See for Him	24:00 mins.
SW-0859	TMIS: The Me I See for Her	22:00 mins.

## POSITIVE PARTNERSHIPS:

RS-0692	PP: Boundaries	28:00 mins.
RS-0775	PP: Unhealthy Boundaries	21:00 mins.
RS-0693	PP: Cohabitation	17:00 mins.
RS-0694	PP: Making Marriage Choice	24:00 mins.
RS-0695	PP: Staying Married	20:00 mins.
RS-0696	PP: Single Parenting	17:00 mins.

## BEING A FATHER:

PF-0489	TFA: Taking Care During Pregnancy	27:00 mins.
PF-0490	TFA: Taking Care During Birth	26:00 mins.
PF-0491	TFA: Taking Care them Postpartum	26:00 mins.
PF-0698	TFA: Baby Care Basics for Dads	19:00 mins.
PF-0482	BAF: The Two Questions	24:00 mins.
PF-0483	BAF: Real Time	25:00 mins.
PF-0484	BAF: Being a Role Model	22:00 mins.
PF-0485	BAF: Being a Leader	23:00 mins.
PF-0486	BAF: Being Consistent	18:00 mins.
PF-0487	BAF: Loving Discipline	22:00 mins.
PF-0488	BAF: Practical Discipline	23:00 mins.
PF-0794	BAF: Respect for Mothers	24:00 mins.

## Abbreviations

1H2H - One Heart, Two Homes	KHH - Keys to Hope and Healing
1H2H-S - One Heart Two Homes Spanish	KHHM - Keys to Hope and Healing: Men
AAR - Abuse Awareness and Recovery	L&D - Labor and Delivery
ARMS - Abuse Awareness and Recovery	L&D-S - Labor de Parto y Nacimiento
AWS - Awakening the Smarts	LL - Love Lessons
B&M - Baby and Me	MCM - Making Children Mind without Losing Yours
BAF - Being a Father	MKHH - Men's Keys to Hope and Healing
BB - BrightBirth	MMM - Making the Most of Marriage
BBA - BrightBirth Academy	NM - Navigating Motherhood
BPHBF - Bringing Peace and Harmony to the Blended Family	OBT - Board Training
BSS - Breaking the Shackles of Shame	PCI - Practicality of Client Interactions
BTL - Built to Lead	POCI - Philosophy of Client Interactions
CA - Child Abuse	PP - Positive Partnership
CCRA - Courageous Conflict Resolution	PTGC - Parenting Through Gender Confusion
CGH - Client Greeting & Handling	PVB - Positive View Body
CNFL - Conflict	PWS - Parenting Without Shame
CRT - Creating	RAMV - Running the AM/AV Visit
CTIE - Creating a Trauma Informed Environment	RR - Running the Rapids
CW - Cycle Wise	RSIQ - Raise Your Sex IQ
CYC - The Culture of Your Center	RTEV - Running the Educational Visit
DDYH - Do You See Her?	SHARE - Sexual Health and Relationship Education
DS - Disciple	SPW - Single Parenting that Works
DUN - Dunstan	TFA - The Fatherhood Adventure
DYSH - Do You See Her?	TMIL - Toddler Milestones
EFBSF - Empowering Fathers	TMIS - The Me I See
EXP - Expectations	TMLS-S - Toddler Milestones Spanish
EXPT-S - Expectations Spanish	TRI - Trimester
EYC - Elevate Your Center	TWST - The Whole Sex Talk
FCIM - Unlocking the Gospel	UDL - Upside Down Love
FYB - Feeding Your Baby	UR - Unraveled Roots
FYB-S - Feeding Your Baby Spanish	URM - Unraveled Roots for Men
GGYW - Giving God Your Worst	US - Understanding Shame in Your Client's Lives
HNKBF - Have A New Kid by Friday	UT - Understanding Trauma
HOSS - The Heart of Safety & Security	UTG - Unlocking the Gospel
HOSSA - The Heart of Safety & Security: Administrator	VPP - Value Packed Parenting
INEX - Infant Expectations	WM - Words Matter
IPV - Intimate Partner Violence	WYIOH - When You are In Over Your Head

List updated 1/27/2026

TR=Training Required