

# BrightCourse Lessons



## PREGNANCY/BIRTH:

- #0371 Your First Trimester
- #0499 First Trimester Expectations
- #0362 Prenatal Care
- #0370 Eating for Two
- #0004 Your Ultrasound Appointment
- #0373 Your Second Trimester
- #0000 Second Trimester Expectations\*
- #0007 Emotions of Pregnancy
- #0372 What is Safe in Pregnancy
- #0009 Bonding with Your Unborn Baby
- #0374 Your Third Trimester
- #0000 Third Trimester Expectations\*
- #0013 Your Unborn Babies Secret World
- #0000 Preparing for Twins\*
- #0014 Big Belly Mommy Hacks
- #0000 Preparing for a C-Section\*
- #0363 Getting Ready: Nesting
- #0383 The Final Stretch
- #0018 Eye Contact Means Love
- #0019 Infant Temperament
- #0020 The Importance of Bonding
- #0021 Infant Expectations
- #0022 Infant Hygiene
- #0023 Simple Infant Care
- #0024 Caring for Yourself After Childbirth
- #0318 Postpartum Depression
- #0026 Going it Alone
- #0319 At Risk Pregnancies
- #0028 Smoking/Drinking/Drugs
- #0384 Shaken Baby Syndrome
- #0051 Labor 101: Intro and Options
- #0052 Labor 101: Interventions & Labor
- #0053 Labor 101: Moving Through Labor
- #0054 Labor 101: What to Expect
- #0055 Labor 101: Infant Care

- #0046 Breastfeeding: Goals and Benefits
- #0047 Breastfeeding: Your Breast Milk
- #0048 Breastfeeding: Starting Right & Good Latch
- #0049 Breastfeeding: Positions & 1st Weeks
- #0050 Breastfeeding: Your Milk Supply & You

## FIRST YEAR:

- #0322 Mommy Work
- #0323 Being a Super Mom
- #0033 Car Seat Safety
- #0364 Mommy Nutrition
- #0035 Preventing Child Sexual Abuse
- #0352 Immunizations
- #0037 SIDS
- #0326 Newborn Sickness
- #0039 Infant & Child CPR
- #0041 Infant Nutrition
- #0042 Baby On the Move
- #0375 Getting Your Baby to Sleep
- #0448 Quality Child Care
- #0475 Understanding your Infant
- #0477 Infant Expectations: 0-3 Months
- #0478 Infant Expectations: 3-6 Months
- #0479 Infant Expectations: 6-9 Months
- #0060 First Year: 12 Month Milestones
- #0492 Crying

## TODDLER:

- #0111 Toddler Mommy Milestones
- #0112 Toddler Dev. Milestones 12-15
- #0113 Toddler Dev. Milestones 15-18
- #0114 Toddler Dev. Milestones 18-24
- #0115 Toddler Dev. Milestones 24-36
- #0455 Potty Training
- #0376 Tantrums

- #0365 Whining
- #0119 Siblings
- #0366 Sleeping, Bedtimes, Mornings
- #0377 Bonding with Your Toddler
- #0367 Time with Toddler
- #0368 The Importance of Words
- #0369 I Can Do It Myself
- #0327 Toddler Accidents
- #0328 Toddler Safety
- #0329 Toddler Illness
- #0330 Toddler Nutrition
- #0331 Toddler Oral Health
- #0493 Toddler Play

## PARENTING:

- #0284 Single Parenting & Deployment
- #0285 Family Unity: Deployment Return
- Have a New Kid by Friday
- #0136 Monday: Wake Up to Reality
- #0137 Tuesday: Caution: Children Growing Up Here
- #0138 Wednesday: Staying Connected to Be Respected
- #0139 Thursday: Check Your Attitude at the Door
- #0140 Friday: The Amazing Race for Self-Esteem
- #0438 Funday: Leman Secrets For Enjoying The Journey
- #0385 Creating Motivation
- #0386 Creating Honesty
- #0387 Creating Courage
- #0388 Creating Kindness
- #0389 Creating Confidence
- #0390 ADD/ADHD
- #0391 Autism
- #0392 Strong Willed Children
- #0393 Child Anger
- #0394 Sexual Behavior and Children

\* Will be added to BrightCourse as completed throughout 2020. (continued on back)

# BrightCourseLessons



## COPARENTING:



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

- #0504-#0508 There is Hope!
- #0509-#0512 Stable Parent, Stable Home
- #0513-#0516 Co-parent Communication
- #0000 Meetings & Handling the Handoff\*
- #0000 6 Risks for Children after Divorce\*
- #0000 Holidays, Special Occasions & School\*
- #0000 Critical Issues\*
- #0000 Abuse, Addiction & Abandonment\*
- #0000 Dating & Remarriage\*
- #0000 Beyond Child Support\*

## LIFE SKILLS:

- #0000 Preparing for a Career\*
- #0000 Finding a Job\*
- #0000 Preparing for an Interview\*
- #0000 At the Interview\*
- #0000 Success at Work\*
- #0451 Depression Suicide
- #0453 Anger Management
- #0447 Taking Care of Hygiene
- #0450 Screen Time and You
- #0452 Home Health (housecleaning)
- #0186 Fighting the Impulse to Spend
- #0187 The Monster of Debt
- #0188 Credit Cards, Friend or Foe?
- #0189 Financial Emergencies

## LIFE SKILLS (CONTINUED):

- #0190 Budgeting 101
- #0191 Credit Scores
- #0192 Buying a Car
- #0193 Career or Job?
- #0194 Staying out of Debt
- #0195 Your Financial Future
- #0312 Helping Children Process Change
- #0313 Family Stability Inside Change
- #0314 Getting Established
- #0315 What Is A Family?
- #0317 Successful Family Living

## SPECIAL CIRCUMSTANCES:

- #0251 Healing from Abuse
- #0252 Post Abortion Healing
- #0253 Relationship Loss
- #0255 Pregnancy Loss
- #0254 Domestic Violence
- #0378 Sex and You
- #0379 Sex: The Heart of the Matter
- #0380 STD/STI Avoidance
- #0381 Choosing Marriage
- #0382 Making the Commitment to Wait

## POSITIVE PARTNERSHIPS:

- #0226/0221 Healthy Boundaries (Women/Men)
- #0227/0222 Cohabitation (Women/Men)
- #0228/0223 Marriage Choice (Women/Men)
- #0229/0224 Staying Married (Women/Men)
- #0230/0225 Single Parenting (Women/Men)

## FATHERHOOD LESSONS:

- #0231 Practical Fatherhood: Real Time
- #0232 Practical Fatherhood: Role Models
- #0233 Practical Fatherhood: Respect for Mothers
- #0235 Practical Fatherhood: Being a Leader
- #0236 Practical Fatherhood: Discipline Foundation
- #0237 Practical Fatherhood: Discipline Guidelines
- #0238 Practical Fatherhood: Situational Discipline
- #0239 Practical Fatherhood: Being Consistent
- #0000 Being a Father: The Two Questions\*
- #0000 Being a Father: Real Time\*
- #0000 Being a Father: Being a Role Model\*
- #0000 Being a Father: Being a Leader\*
- #0000 Being a Father: Being Consistent\*
- #0000 Being a Father: Loving Discipline\*
- #0000 Being a Father: Practical Discipline\*
- #0000 Being a Father: Co-Parenting\*
- #0000 Being a Father: Blended Families\*
- #0000 Being a Father: The Challenge\*

## BONUS PACK:

- #0466 Child Abuse and Neglect
- #0476 Breast Pumps and Briefcases
- #0468 The 10 Best Gifts You'll Ever Give Your Kids
- #0469 How to Listen so Kids Will Talk & Talk So Kids Will Listen
- #0470 Discipline Isn't Spelled P-U-N-I-S-H-M-E-N-T
- #0471 10 Ways to Improve Your Child's Self-Confidence
- #0472 Caution: Anger Ahead
- #0473 Birth Order-and What You Need to Know About It
- #0474 Standing Up to the New Goliath (Technology)