

# 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-0664	DYSH: Advice from Birth Moms	10 mins

## PREGNANCY & BIRTH PACK: (cont.)

PB-0665	DYSH: Courtney's Story	15 mins
PB-0666	DYSH: Hillary's Story	16 mins
PB-0667	DYSH: Morgan's Story	12 mins
PB-0668	DYSH: Leah's Story	14 mins
PB-0697	Smoking and Alcohol Use During Preg	20 mins
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

## 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

## FIRST YEAR PACK: (cont.)

FY-0477	0-3 Months: Infant Expectations	24 mins
FY-0478	3-6 Months: Infant Expectations	20 mins
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-0569	Parenting Without Shame Ch. 1	20 mins
PP-0570	Parenting Without Shame Ch. 2	15 mins
PP-0571	Parenting Without Shame Ch. 3	10 mins
PP-0572	Parenting Without Shame Ch. 4	11 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-0576	Parenting Without Shame Ch. 8	11 mins

## PARENTING PACK: (cont.)

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
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-0136	Monday: Wake Up to Reality	30 mins
PP-0137	Tuesday: Caution: Children Growing	29 mins
PP-0138	Wednesday: Staying Connected to Be	29 mins
PP-0139	Thursday: Check Your Attitude at th	32 mins
PP-0140	Friday: The Amazing Race for Self-E	30 mins
PP-0438	Funday: Leman Secrets for Enjoying	35 mins
PP-0284	Single Parenting During Deployment	20 mins
PP-0285	Reunited Parents: Family Unity On R	21 mins
PP-0468	VPP: The 10 Best Gifts You'll Ever	36 mins
PP-0469	VPP: How to Listen so Kids Will Tal	36 mins
PP-0470	VPP: Discipline Isn't Spelled P-U-N	35 mins
PP-0471	VPP: 10 Ways to Improve Your Child'	34 mins
PP-0472	VPP: Caution: Anger Ahead	38 mins
PP-0473	VPP: Birth Order and What You Need	35 mins
PP-0474	VPP: Standing Up to the New Goliath	35 mins
PP-0505	Co-Parenting	27 mins
PP-0699	Words Matter - Hurtful Words	15 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
PP-0755	SPW: Putting First Things First	28 mins
PP-0756	SPW: Healing the Past, Looking to th	27 mins
PP-0757	SPW: Creating Harmony with your Ex-S	25 mins
PP-0758	SPW: Helping Children Thrive in a Si	24 mins
PP-0759	SPW: Learning to Discipline with Lov	24 mins
PP-0760	SPW: Understanding Your Child's Pers	26 mins
PP-0796	RR: Guiding Teens: Know the River	31 mins
PP-0797	RR: Guiding Teens: Know the Raft	31 mins
PP-0798	RR: Guiding Teens: Know the Riders	29 mins
PP-0799	RR: Guiding Teens: Know the Risks	31 mins
PP-0800	RR: Guiding Teens: Know the Relation	31 mins
PP-0801	RR: Guiding Teens: Know the Reality	32 mins
PP-0150	MCM: Dare to be Courageous	25 mins
PP-0151	MCM: Why Kids Misbehave	27 mins
PP-0152	MCM: Becoming the Parent that God W	25 mins
PP-0153	MCM: Be Your Teenager's Best Friend	25 mins
PP-0154	MCM: The ABC'S of Self-Esteem	25 mins
PP-0155	MCM: Turning Everyday Hassles Into	25 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
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
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## LIFE SKILLS PACK: (cont.)

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-0558	Sex is Awesome!	8 mins
LL-0559	Pregnancy is Not a Disease	14 mins
LL-0560	STIs	19 mins
LL-0561	Character	18 mins
LL-0562	Dangers of Porn	17 mins
LL-0563	Your Heart	17 mins
LL-0564	Protect Yourself	15 mins
LL-0120	TWST: Talking With Kids About Sex	23 mins
LL-0121	TWST: Confronting the Past	29 mins
LL-0122	TWST: Pregnancy and Abortion	29 mins
LL-0123	TWST: Spiritual & Emotional Consequ	33 mins
LL-0124	TWST: Dating and Relationships	34 mins
LL-0125	TWST: Image Bearers At Heart	40 mins

## LOVE LESSONS, WHOLE SEX TALK, CYCLE WISE PACK: (cont.)

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-0149	TR Cycle Wise: What Every Guy Needs to	15 mins

## SPECIAL CIRCUMSTANCES PACK:

SC-0251	Healing from Abuse	19 mins
SC-0252	Post Abortion Healing	22 mins
SC-0253	Relationship Loss	21 mins
SC-0255	Pregnancy & Infant Loss	21 mins
SC-0382	Making the Commitment	18 mins
SC-0590	TR UR: Why am I here?	7 mins
SC-0591	TR UR: The Root of Abandonment	13 mins
SC-0592	TR UR: The Root of Addiction	14 mins
SC-0593	TR UR: The Root of Abuse	13 mins
SC-0594	TR UR: The Root of Codependency	13 mins
SC-0595	TR UR: Where Do I Grow Now?	5 mins
SC-0598	TR Your Relationship: Healthy, Unhealt	19 mins
SC-0599	TR Understanding Power and Control in	18 mins
SC-0600	TR Recognizing the Cycle of Abuse	16 mins
SC-0601	TR Warning Signs of Unhealthy People	18 mins
SC-0602	TR Can an Abuser Change?	18 mins
SC-0603	TR Reclaiming Your Value & Experiencin	18 mins
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-0776	TR Naming Trauma	11 mins
SC-0777	TR Our Trauma is Not our Identity	9 mins
SC-0778	TR Shame and Other Useless Things	10 mins
SC-0779	TR Hard Days: Self-Help is Not Self-Ca	10 mins
SC-0780	TR Boundaries and Seeking Help	14 mins
SC-0781	TR Understanding Trauma - What Does He	9 mins

## SPECIAL CIRCUMSTANCES PACK: (cont.)

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
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

## SEXUAL WHOLENESS:

SW-0378	Sex and You	26 mins
SW-0379	The Heart of the Matter	22 mins
SW-0380	STD/STI Avoidance	19 mins
SW-0381	Choosing Marriage	20 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-0839	Identity in Christ Foundation Gende	19 mins
SW-0840	Positive View Body, Gender, and Sex	13 mins
SW-0841	Positive View Body, Gender, and Sex	12 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
RS-0762	MMM: Designed to be Different	26 mins
RS-0763	MMM: Where Have all the Flowers Gon	25 mins
RS-0764	MMM: Striking the Perfect Match	25 mins
RS-0765	MMM: Looking for Love in Two Specia	24 mins
RS-0766	MMM: Don't Rock the Jukebox	31 mins
RS-0767	MMM: Sex Begins in the Kitchen	26 mins
RS-0768	MMM: Enjoying the Journey	29 mins

## POSITIVE PARTNERSHIPS PACK: (cont.)

RS-0126	BPHB: Before All of Us Say I Do	25 mins
RS-0127	BPHB: With These Kids I Thee Wed	25 mins
RS-0128	BPHB: Blending Without Colliding	26 mins
RS-0129	BPHB: Surviving Birth Order Blender	26 mins
RS-0130	BPHB: Same Language-Different Diale	25 mins
RS-0131	BPHB: Look at Life throu Mate's Eye	26 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

## BIBLE STUDY PACK:

BS-0577	TR GGYW: Offering Our Worst to God	18 mins
BS-0578	TR GGYW: The Painful Truth and Forgive	19 mins
BS-0579	TR GGYW: From Sinner to Saint	15 mins
BS-0580	TR GGYW: The Truth Shall Set You Free	23 mins
BS-0581	TR GGYW: Surrendering Our Weakness	18 mins
BS-0582	TR GGYW: Gaining Victory	20 mins
BS-0607	UDL1: The Bible	14 mins
BS-0606	UDL2: Grace & Commands	13 mins
BS-0628	UDL3: The King Among the Cows	13 mins
BS-0631	UDL4: The Faithful Fishermen	13 mins
BS-0633	UDL5: The Servant Above the Served	14 mins
BS-0634	UDL6: The Greatest Dying for the Le	11 mins
BS-0637	UDL7: The Guilty in Heaven	12 mins
BS-0623	TR UTG1: Identity Matters - The Key Ex	18 mins
BS-0624	TR UTG2: Receiving Jesus as My Savior	14 mins
BS-0625	TR UTG3: Recognizing Satan	20 mins
BS-0613	TR DS: Your Unwritten Autobiography	31 mins

## BIBLE STUDY PACK: (cont.)

BS-0614	TR DS: How the Story Starts	32 mins
BS-0615	TR DS: A True Story	30 mins
BS-0616	TR DS: The Story of the World	31 mins
BS-0617	TR DS: The Story of the Flesh	26 mins
BS-0618	TR DS: The Story of the Devil	28 mins
BS-0619	TR DS: Truth and Emotions	29 mins
BS-0620	TR DS: Forgiving From the Heart	33 mins
BS-0621	TR DS: Walking Into the Next Chapter	33 mins
BS-0622	TR DS: Action Story	32 mins
BS-0820	NM - Introduction	7 mins
BS-0821	NM - Pregnancy	12 mins
BS-0822	NM-Growing in Confidence	18 mins
BS-0823	NM-Embracing Change	20 mins
BS-0824	NM-Comparison	11 mins
BS-0825	NM-Surrender Unpredictability	14 mins
BS-0826	NM-Postpartum Body Image	10 mins
BS-0827	NM-Who to Listen To	23 mins
BS-0828	NM-What I Wish	20 mins
BS-0829	NM - Unseen Holiness of Motherhood	20 mins

## CLIENT PROMOTIONAL ITEMS:

CP-0503	Promo & Lesson List (All Lessons, E	1 mins
CP-0596	Promo & Lesson List - Public	1 mins

List updated 6/2/2025

TR=Training Required