



BrightCourse Lessons

PREGNANCY/BIRTH:

Your First Trimester
First Trimester Expectations*
Prenatal Care
Eating for Two
Your Ultrasound Appointment
Your Second Trimester
Second Trimester Expectations*
Emotions of Pregnancy
What is Safe in Pregnancy
Bonding with Your Unborn Baby
Your Third Trimester
Third Trimester Expectations*
Your Unborn Babies Secret World
Big Belly Mommy Hacks
Preparing for a C-Section*
Getting Ready: Nesting
The Final Stretch
Eye Contact Means Love
Infant Temperament
The Importance of Bonding
Infant Expectations
Infant Hygiene
Simple Infant Care
Caring for Yourself After Childbirth
Postpartum Depression
Going it Alone
At Risk Pregnancies
Smoking/Drinking/Drugs
Shaken Baby Syndrome
Labor 101: Intro and Options
Labor 101: Interventions & Labor
Labor 101: Moving Through Labor
Labor 101: What to Expect

Labor 101: Infant Care
Breastfeeding: Goals and Benefits
Breastfeeding: Your Breast Milk
Breastfeeding: Starting Right & Good Latch
Breastfeeding: Positions & 1st Weeks
Breastfeeding: Your Milk Supply & You

FIRST YEAR:

Mommy Work
Being a Super Mom
Car Seat Safety
Mommy Nutrition
Preventing Child Sexual Abuse
Immunizations
SIDS
Newborn Sickness
Infant & Child CPR
Infant Nutrition
Baby On the Move
Getting Your Baby to Sleep
Quality Child Care
Understanding your Infant
Infant Expectations: 0-3 Months
First Year: 3 to 6 Month Milestones
First Year: 6 to 9 Month Milestones
First Year: 12 Month Milestones
Crying

TODDLER:

Toddler Mommy Milestones
Toddler Dev. Milestones 12-15
Toddler Dev. Milestones 15-18
Toddler Dev. Milestones 18-24
Toddler Dev. Milestones 24-36

Potty Training
Tantrums
Whining
Siblings
Sleeping, Bedtimes, Mornings
Bonding with Your Toddler
Time with Toddler
The Importance of Words
I Can Do It Myself
Toddler Accidents
Toddler Safety
Toddler Illness
Toddler Nutrition
Toddler Oral Health
Toddler Play*

PARENTING:

Single Parenting & Deployment
Family Unity: Deployment Return
Have a New Kid by Friday
Monday: Wake Up to Reality
Tuesday: Caution: Children Growing Up Here
Wednesday: Staying Connected to Be Respected
Thursday: Check Your Attitude at the Door
Friday: The Amazing Race for Self-Esteem
Creating Motivation
Creating Honesty
Creating Courage
Creating Kindness
Creating Confidence
ADD/ADHD
Autism
Strong Willed Children
Child Anger
Sexual Behavior and Children

LIFE SKILLS:

Preparing for a Career*
Finding a Job*
Preparing for an Interview*
At the Interview*
Success at Work*
Depression Suicide
Anger Management
Taking Care of Hygiene
Screen Time and You
Home Health (housecleaning)
Fighting the Impulse to Spend
The Monster of Debt
Credit Cards, Friend or Foe?
Financial Emergencies
Budgeting 101
Credit Scores
Buying a Car
Career or Job?
Staying out of Debt
Your Financial Future
Helping Children Process Change
Family Stability Inside Change
Getting Established
What Is A Family?
Successful Family Living

* Will be added to BrightCourse as completed throughout 2020.

(continued on back)

BrightCourseLessons

SPECIAL CIRCUMSTANCES:

Healing from Abuse
Post Abortion Healing
Relationship Loss
Pregnancy Loss
Domestic Violence
Sex and You
Sex: The Heart of the Matter
STD/STI Avoidance
Choosing Marriage
Making the Commitment to Wait
When You Have To... Decide

POSITIVE PARTNERSHIPS:

Healthy Boundaries (Men & Women)
Cohabitation (Men & Women)
Marriage Choice (Men & Women)
Staying Married (Men & Women)
Single Parenting (Men & Women)

FATHERHOOD LESSONS:

Practical Fatherhood: Real Time
Practical Fatherhood: Role Models
Practical Fatherhood: Respect for Mothers
Practical Fatherhood: Being a Leader
Practical Fatherhood: Discipline Foundation
Practical Fatherhood: Discipline Guidelines
Practical Fatherhood: Situational Discipline
Practical Fatherhood: Being Consistent
Being a Father: The Two Questions*
Being a Father: Real Time*
Being a Father: Being a Role Model*
Being a Father: Being a Leader*
Being a Father: Being Consistent*
Being a Father: Loving Discipline*
Being a Father: Practical Discipline*
Being a Father: Co-Parenting*
Being a Father: Blended Families*
Being a Father: The Challenge*

BONUS PACK:

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

SPANISH PREGNANCY/BIRTH: †

El Primer Trimestre
Expectativas del Primer Trimestre*
Atención Prenatal
Comer por 2
Tu Cita de Ultrasonido
El Segundo Trimestre
Expectativas del Segundo Trimestre*
Las Emociones de Embarazo
¿Qué es Seguro Durante el Embarazo?
La Unión con tu Bebé en el Vientre
El Tercer Trimestre
Expectativas del Tercer Trimestre*
El Mundo Secreto De Tu Bebé Por Nacer
Trucos de mamá para una Gran Barriga
Preparación para una sección C*
Cómo Preparar el Nido
El tramo final*
El Contacto Directo a los Ojos Significa Amor
El Temperamento De Un Bebé
La Importancia de Vincularse
Expectativas Infantiles
Higiene Infantil
Cuidado Infantil Simple
Cuidado Personal Después del Nacimiento
Depresión Postparto
Enfrentándolo Sola
Embarazo de Riesgo

Tabaquismo, Alcohol, Drogas, y Embarazo
Síndrome del Bebé Sacudido
Objetivos y Beneficios de la Lactancia Materna
Técnicas y un Buen Cierre
Obtener Suficiente Leche
Crecimientos y Elementos Esenciales
Regresando al Trabajo

SPANISH FIRST YEAR: †

Mamá Trabaja
Ser una Super Mamá
Seguridad de la Silla de Automóvil
Nutrición de la Mamá
Previniendo el Abuso Sexual Infantil
Vacunas para Niños
SMS - Síndrome de la Muerte Súbita Infantil
Enfermedad del Recién Nacido
Reanimación Cardiopulmonar (RCP)
Nutrición Infantil
Los Movimientos del Bebé
Cómo Hacer Dormir al Bebé
Servicios de Guardería de Calidad
La violencia familiar
Entendiendo a su bebé*
Hitos Recién Nacidos
Hitos de tres a cuatro meses
Hitos de seis a nueve meses
Hitos de doce meses
Entrenándolo para usar el Baño
Llorando*