

The logo for BrightCourseLessons features a stylized sunburst icon with five rays in shades of blue, green, and orange above the text. The text "BrightCourseLessons" is written in a blue, sans-serif font, with "Bright" and "Lessons" in a larger size than "Course".

BrightCourseLessons

PREGNANCY/BIRTH:

Your First Trimester
Prenatal Care
Eating for Two
Your Ultrasound Appointment
Your Second Trimester
Emotions of Pregnancy
What is Safe in Pregnancy
Bonding with Your Unborn Baby
Your Third Trimester
Your Unborn Babies Secret World
Big Belly Mommy Hacks
Getting Ready: Nesting
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
Breastfeeding Series (5 lessons)
Labor 101(5 Lessons)

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
First Year: Newborn Milestones

First Year: 3 to 4 Month Milestones
First Year: 6 to 9 Month Milestones
First Year: 12 Month Milestones

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

PARENTING:

Have a New Kid by Friday (6 Lessons)
Creating Motivation
Creating Honesty
Creating Courage
Creating Kindness
Creating Confidence
ADD/ADHD
Autism
Strong Willed Children
Child Anger
Sexual Behavior and Children

LIFE SKILLS:

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
Single Parenting & Deployment
Family Unity: Deployment Return

SPECIAL CIRCUMSTANCES-

SEX, ABORTION & HEALING:

Healing from Abuse
Post Abortion Healing
Relationship Loss
Pregnancy Loss
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:

Real Time
Role Models
Respect for Mothers
Being a Leader
Discipline Foundation
Discipline Guidelines
Situational Discipline
Being Consistent

SPANISH LESSONS: †

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Smoking/Drinking/Drugs
Shaken Baby Syndrome
Breastfeeding Series (5)
Mommy Work
Being a Super Mom
Car Seat Safety
Mommy Nutrition
Preventing Child Sexual Abuse
Immunizations
SIDS
Newborn Sickness
Infant & Child CPR
Toilet Training
Infant Nutrition
Baby On the Move
Getting Your Baby to Sleep
Quality Child Care
First Year Milestones Series (4)

†Spanish lesson pack at additional charge.