

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-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-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-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	Do You See Her? I Could Never Do Th	15 mins
PB-0661	Do You See Her? What is Open Adopti	4 mins
PB-0662	Do You See Her? A Birth Mother's Bi	10 mins
PB-0663	Do You See Her? How do I Live With	13 mins
PB-0664	Do You See Her? Advice from Birth M	10 mins
PB-0665	Do You See Her? Courtney's Story	15 mins
PB-0666	Do You See Her? Hillary's Story	16 mins
PB-0667	Do You See Her? Morgan's Story	12 mins
PB-0668	Do You See Her? Leah's Story	14 mins

PREGNANCY & BIRTH PACK: (cont.)

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
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

FIRST YEAR PACK: (cont.)

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
PP-0385	Creating Motivation	18 mins
PP-0386	Creating Honesty	19 mins
PP-0387	Creating Courage	18 mins
PP-0388	Creating Kindness	19 mins

PARENTING PACK: (cont.)

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-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: Lesson 1 Putting First Things	28 mins
PP-0756	SPW: Lesson 2 Healing the Past, Loo	27 mins
PP-0757	SPW: Lesson 3 Creating Harmony with	25 mins
PP-0758	SPW: Lesson 4 Helping Children Thri	24 mins
PP-0759	SPW: Lesson 5 Learning to Disciplin	24 mins
PP-0760	SPW: Lesson 6 Understanding Your Ch	26 mins
PP-0796	Running the Rapids: Lesson 1 Guidin	31 mins
PP-0797	Running the Rapids: Lesson 2 Guidin	31 mins
PP-0798	Running the Rapids: Lesson 3 Guidin	29 mins
PP-0799	Running the Rapids: Lesson 4 Guidin	31 mins
PP-0800	Running the Rapids: Lesson 5 Guidin	31 mins
PP-0801	Running the Rapids: Lesson 6 Guidin	32 mins
PP-0150	Making Children Mind Without Losing	25 mins
PP-0151	Making Children Mind Without Losing	27 mins
PP-0152	Making Children Mind Without Losing	25 mins
PP-0153	Making Children Mind Without Losing	25 mins
PP-0154	Making Children Mind Without Losing	25 mins
PP-0155	Making Children Mind Without Losing	25 mins

ONE HEART, TWO HOMES PACK (COPARENTING)

OH-0504	There is Hope! (Single Father, Lsn.	29 mins
OH-0506	There is Hope! (Single Mother, Lsn.	21 mins
OH-0507	There is Hope! (Stepfather, Lsn. 1)	33 mins
OH-0508	There is Hope! (Stepmother, Lsn. 1)	33 mins
OH-0509	Stable Parent, Stable Home (Single	35 mins
OH-0510	Stable Parent, Stable Home (Single	30 mins
OH-0511	Stable Parent, Stable Home (Stepfat	24 mins
OH-0512	Stable Parent, Stable Home (Stepmot	24 mins
OH-0513	Co-parent Communication (Single Fat	28 mins
OH-0514	Co-parent Communication (Single Mot	28 mins
OH-0515	Co-parent Communication (Stepfather	28 mins
OH-0516	Co-parent Communication (Stepmother	28 mins
OH-0517	Meetings & Handoffs (Single Father,	29 mins
OH-0518	Meetings & Handoffs (Single Mother,	29 mins
OH-0519	Meetings & Handoffs (Stepfather, Ls	29 mins
OH-0520	Meetings & Handoffs (Stepmother, Ls	29 mins
OH-0521	Risks for Children after Divorce (S	39 mins
OH-0522	Risks for Children after Divorce (S	39 mins
OH-0523	Risks for Children after Divorce (S	39 mins
OH-0524	Risks for Children after Divorce (S	39 mins
OH-0525	Holidays, Special Occasions & Schoo	33 mins
OH-0526	Holidays, Special Occasions & Schoo	33 mins
OH-0527	Holidays, Special Occasions & Schoo	33 mins
OH-0528	Holidays, Special Occasions & Schoo	33 mins
OH-0529	Critical Issues (Single Father, Lsn	36 mins
OH-0530	Critical Issues (Single Mother, Lsn	36 mins
OH-0531	Critical Issues (Stepfather, Lsn. 7	36 mins
OH-0532	Critical Issues (Stepmother, Lsn. 7	36 mins
OH-0533	Abuse, Addiction & Abandonment (Sin	44 mins
OH-0534	Abuse, Addiction & Abandonment (Sin	44 mins
OH-0536	Abuse, Addiction & Abandonment (Ste	32 mins
OH-0537	Abuse, Addiction & Abandonment (Ste	32 mins
OH-0538	Dating & Remarriage (Single Father,	13 mins
OH-0539	Dating & Remarriage (Single Mother,	13 mins
OH-0540	Dating & Remarriage (Stepfather, Ls	30 mins
OH-0541	Dating & Remarriage (Stepmother, Ls	27 mins
OH-0542	Beyond Child Support (Single Father	39 mins
OH-0543	Beyond Child Support (Single Mother	39 mins
OH-0544	Beyond Child Support (Stepfather, L	39 mins
OH-0545	Beyond Child Support (Stepmother, L	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	Courageous Conflict Lesson 1: The A	24 mins
LS-0104	Courageous Conflict Lesson 2: Maste	20 mins
LS-0811	Beyond Caring: Understanding Compas	15 mins
LS-0812	Caring for Yourself While You Care	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	The Whole Sex Talk: Talking With Ou	23 mins
LL-0121	The Whole Sex Talk: Confronting the	29 mins
LL-0122	The Whole Sex Talk: Pregnancy and A	29 mins
LL-0123	The Whole Sex Talk: Spiritual and E	33 mins
LL-0124	The Whole Sex Talk: Dating and Rela	34 mins
LL-0125	The Whole Sex Talk: Image Bearers A	40 mins

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

LL-0143	TR Cycle Wise: Your Body is Telling a	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-0148	TR Cycle Wise: Family Planning 101	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-0254	Domestic Family Violence	21 mins
SC-0255	Pregnancy & Infant Loss	21 mins
SC-0382	Making the Commitment	18 mins
SC-0590	TR Unraveled Roots: Why am I here?	7 mins
SC-0591	TR Unraveled Roots: The Root of Abando	13 mins
SC-0592	TR Unraveled Roots: The Root of Addict	14 mins
SC-0593	TR Unraveled Roots: The Root of Abuse	13 mins
SC-0594	TR Unraveled Roots: The Root of Codepe	13 mins
SC-0595	TR Unraveled Roots: Where Do I Grow No	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	Keys to Hope and Healing Key 1: Ack	10 mins
SC-0722	Keys to Hope and Healing Key 2: You	9 mins
SC-0723	Keys to Hope and Healing Key 3: Fre	8 mins
SC-0724	Keys to Hope and Healing Key 4: Mov	11 mins
SC-0725	Keys to Hope and Healing Key 5: Wal	9 mins
SC-0726	Keys to Hope and Healing Key 6: Giv	8 mins
SC-0769	Men's Keys to Hope and Healing Key	13 mins
SC-0770	Men's Keys to Hope and Healing Key	10 mins
SC-0771	Men's Keys to Hope and Healing Key	12 mins
SC-0772	Men's Keys to Hope and Healing Key	9 mins
SC-0773	Men's Keys to Hope and Healing Key	13 mins
SC-0795	Men's Keys to Hope and Healing Key	10 mins
SC-0776	TR Understanding Trauma - Naming Traum	11 mins
SC-0777	TR Understanding Trauma - Our Trauma i	9 mins
SC-0778	TR Understanding Trauma - Shame and Ot	10 mins
SC-0779	TR Understanding Trauma - Hard Days: S	10 mins

SPECIAL CIRCUMSTANCES PACK: (cont.)

SC-0780	TR Understanding Trauma - Boundaries a	14 mins
SC-0781	TR Understanding Trauma - What Does He	9 mins
SC-0815	Child Abuse & Neglect - Empowered P	17 mins
SC-0816	Child Abuse & Neglect - Breaking th	16 mins
SC-0817	Intimate Partner Violence - Recogni	24 mins
SC-0818	Intimate Partner Violence - Reclai	16 mins
SC-0160	TR Unraveled Roots for Men - Why Am I	8 mins
SC-0161	TR Unraveled Roots for Men - The Root	16 mins
SC-0162	TR Unraveled Roots for Men - The Root	20 mins
SC-0163	TR Unraveled Roots for Men - The Root	20 mins
SC-0164	TR Unraveled Roots for Men - The Root	15 mins
SC-0165	TR Unraveled Roots for Men - Where Do	6 mins

UNDERSTANDING SEXUAL WHOLENESS AND GENDER IDENTITY:

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	PTGC: An Introduction to Gender Dys	15 mins
SW-0833	PTGC: Gender-Affirming Care Isn't W	16 mins
SW-0835	PTGC: Gender Affirming Care: Not Wo	22 mins
SW-0836	PTGC: Growing Your Relationship wit	12 mins
SW-0837	PTGC: Influences on Your Child	16 mins
SW-0838	PTGC: Helping your child have a pos	19 mins
SW-0839	PTGC: Identity in Christ as a Found	19 mins

POSITIVE PARTNERSHIPS PACK:

RS-0692	Positive Partnerships - Boundaries	28 mins
RS-0775	Positive Partnerships - Unhealthy B	21 mins
RS-0693	Positive Partnerships - Cohabitatio	17 mins
RS-0694	Positive Partnerships - Making the	24 mins
RS-0695	Positive Partnerships - Staying Mar	20 mins
RS-0696	Positive Partnerships - Single Pare	17 mins
RS-0762	Making the Most of Marriage: Lesson	26 mins
RS-0763	Making the Most of Marriage: Lesson	25 mins
RS-0764	Making the Most of Marriage: Lesson	25 mins
RS-0765	Making the Most of Marriage: Lesson	24 mins

POSITIVE PARTNERSHIPS PACK: (cont.)

RS-0766	Making the Most of Marriage: Lesson	31 mins
RS-0767	Making the Most of Marriage: Lesson	26 mins
RS-0768	Making the Most of Marriage: Lesson	29 mins
RS-0126	Bringing Peace & Harmony to the Ble	25 mins
RS-0127	Bringing Peace & Harmony to the Ble	25 mins
RS-0128	Bringing Peace & Harmony to the Ble	26 mins
RS-0129	Bringing Peace & Harmony to the Ble	26 mins
RS-0130	Bringing Peace & Harmony to the Ble	25 mins
RS-0131	Bringing Peace & Harmony to the Ble	26 mins

FATHERHOOD LESSONS BEING A FATHER PACK:

PF-0489	The Fatherhood Adventure!: Taking C	27 mins
PF-0490	The Fatherhood Adventure!: Taking C	26 mins
PF-0491	The Fatherhood Adventure!: Taking C	26 mins
PF-0698	The Fatherhood Adventure!: Baby Car	19 mins
PF-0482	Being a Father: The Two Questions	24 mins
PF-0483	Being a Father: Real Time	25 mins
PF-0484	Being a Father: Being a Role Model	22 mins
PF-0485	Being a Father: Being a Leader	23 mins
PF-0486	Being a Father: Being Consistent	18 mins
PF-0487	Being a Father: Loving Discipline	22 mins
PF-0488	Being a Father: Practical Disciplin	23 mins
PF-0794	Being a Father: Respect for Mothers	24 mins

BIBLE STUDY PACK:

BS-0577	TR Giving God Your Worst: Offering Our	18 mins
BS-0578	TR Giving God Your Worst: The Painful	19 mins
BS-0579	TR Giving God Your Worst: From Sinner	15 mins
BS-0580	TR Giving God Your Worst: The Truth Sh	23 mins
BS-0581	TR Giving God Your Worst: Surrendering	18 mins
BS-0582	TR Giving God Your Worst: Gaining Vict	20 mins
BS-0607	Upside Down Love Lesson 1: The Bibl	14 mins
BS-0606	Upside Down Love Lesson 2: Grace &	13 mins
BS-0628	Upside Down Love Lesson 3: The King	13 mins
BS-0631	Upside Down Love Lesson 4: The Fait	13 mins
BS-0633	Upside Down Love Lesson 5: The Serv	14 mins
BS-0634	Upside Down Love Lesson 6: The Grea	11 mins
BS-0637	Upside Down Love Lesson 7: The Guil	12 mins
BS-0623	TR Unlocking the Gospel Video 1: Ident	18 mins

BIBLE STUDY PACK: (cont.)

BS-0624	TR	Unlocking the Gospel Video 2: Recei	14 mins
BS-0625	TR	Unlocking the Gospel Video 3: Recog	20 mins
BS-0613	TR	Disciple: Your Unwritten Autobiogra	31 mins
BS-0614	TR	Disciple: How the Story Starts	32 mins
BS-0615	TR	Disciple: A True Story	30 mins
BS-0616	TR	Disciple: The Story of the World	31 mins
BS-0617	TR	Disciple: The Story of the Flesh	26 mins
BS-0618	TR	Disciple: The Story of the Devil	28 mins
BS-0619	TR	Disciple: Truth and Emotions	29 mins
BS-0620	TR	Disciple: Forgiving From the Heart	33 mins
BS-0621	TR	Disciple: Walking Into the Next Cha	33 mins
BS-0622	TR	Disciple: Action Story	32 mins
BS-0820		Navigating Motherhood - Introductio	7 mins
BS-0821		Navigating Motherhood - Pregnancy	12 mins
BS-0822		Navigating Motherhood - Growing in	18 mins
BS-0823		Navigating Motherhood - Embracing C	20 mins
BS-0824		Navigating Motherhood - Comparison	11 mins
BS-0825		Navigating Motherhood - Surrenderin	14 mins
BS-0826		Navigating Motherhood - Postpartum	10 mins
BS-0827		Navigating Motherhood - Who to List	23 mins
BS-0828		Navigating Motherhood - What I Wish	20 mins
BS-0829		Navigating Motherhood - Unseen Holi	20 mins

CLIENT PROMOTIONAL ITEMS:

CP-0503	Promo Video & Lesson List (All Less	1 mins
CP-0596	Promo Video & Lesson List - Public	1 mins

List updated 5/1/2025

TR=Training Required