

# PREGNANCY/BIRTH

Your First Trimester  
Prenatal Care  
Eating for Two  
Your Ultrasound Appointment  
First Trimester Expectations  
Your Second Trimester  
Emotions of Pregnancy  
What is Safe in Pregnancy)  
Bonding with Your Unborn Baby  
Second Trimester Expectations)  
Your Third Trimester  
The Final Stretch  
Your Unborn Babies Secret World)  
Big Belly Mom Hacks  
Third Trimester Expectations  
Labor Expectations  
Preparing for a C-Section  
Getting Ready: Nesting)  
Labor & Delivery: Getting Ready  
Labor & Delivery: Natural Comfort Measures  
Labor & Delivery: Medical Pain Relief, Interventions  
& Procedures  
Labor & Delivery: Training your Birth Coach  
Eye Contact Means Love  
Infant Temperament  
The Importance of Bonding  
Infant Expectations  
Infant Hygiene  
Simple Infant Care  
Taking Care of Yourself After Childbirth  
Postpartum Depression  
Going it Alone  
At Risk Pregnancies  
Smoking/Drinking/Drugs  
Shaken Baby Syndrome  
Expecting Twins & More  
Feeding Your Baby: The Bottle  
Feeding Your Baby: Breastfeeding - Getting Started



Feeding Your Baby: Breastfeeding- Successful  
Breastfeeding  
Feeding Your Baby: Breastfeeding- Problems and  
Solutions  
Feeding Your Baby: Breastfeeding- Weaning  
Do you see her? How do I live with this decision  
Smoking and Alcohol During Pregnancy

## BRIGHT BIRTH

Lesson 1: You are in Control  
Lesson 2: Your Body and Birth  
Lesson 3: Pain and Natural Birth  
Lesson 6: Planning for Birth  
Lesson 7: Postpartum

## FIRST YEAR

Mommy Work  
Being a Super Mom  
Car Seat Safety  
Mommy Nutrition  
Preventing Child Sexual Abuse  
Child Immunizations  
SIDS  
Newborn Sickness  
Infant Accidents  
Infant & Child CPR  
Infant Nutrition  
Baby On The Move  
Getting Your Baby To Sleep  
Crying  
Quality Child Care

Understanding Your Infant  
0-3 Months: Infant Expectations  
3-6 Months: Infant Expectations  
6-9 Months: Infant Expectations  
9-12 Months: Infant Expectations  
Dunstan Baby Language 1  
Dunstan Baby Language 2  
Dunstan Baby Language 3  
Teething Time

## TODDLER

Toddler Mommy Milestones  
12-15 Months: Milestones  
15-18 Month Milestones  
18-24 Month Milestones  
24-36 Month Milestones  
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 Play  
Toddler Accidents  
Toddler Safety  
Toddler Illness  
Toddler Nutrition  
Toddler Oral Health  
Getting Your Child to Eat

## PARENTING

Basic Decision Making Part 1  
Basic Decision Making Part 2  
Parenting Without Shame Ch3  
Parenting Without Shame Ch5  
Parenting Without Shame Ch6  
Parenting Without Shame Ch7  
Creating Motivation  
Creating Honesty  
Creating Courage  
Creating Kindness  
Creating Confidence  
ADHD  
Autism  
Strong Willed Children  
Child Anger  
Sexual Behavior and Children  
Single Parenting During Deployment  
Reunited Parents: Family Unity On Return  
Co-Parenting  
Words Matter: Silent Words  
Words Matter: Magic Words

## CO-PARENTING

There is Hope!  
Positive Partnerships - Boundaries  
Positive Partnerships - Single Parenting  
Stable Parent, Stable Home  
Co-Parenting Communication  
Meeting & Handoff  
Risks of Children After Divorce  
Holidays, Special Occ & School  
Critical Issues  
Abuse, Addiction & Abandonment  
Beyond Child Support



## LIFE SKILLS

Preparing for a Job- Hard Truth  
Preparing for the Interview  
Finding a job  
At the Interview  
Success at Work  
Anger Management  
Take Care of Hygiene  
Screen Time and You  
Fighting the Impulse to Spend  
The Monster of Debt  
Credit Cards, Friends or Foe?  
Financial Emergencies  
Budgeting 101  
Credit Scores the Good, and Bad, the Ugly  
Buying a Car  
Career or Job?  
Stay out of Debt  
Your Financial Future  
Helping Children Process Change  
Getting Established in a New Area  
Caring for Yourself While You Care for Others  
Dating & Remarriage

## LOVE LESSONS PACK

Danger of Porn  
Medical Pain Relief, Interventions, &  
Procedure

## SPECIAL CIRCUMSTANCES

Domestic Family Violence  
Courageous Conflict 1 (The Art of  
Understanding Conflict)  
Courageous Conflict 2 (Mastering  
Courageous Communication)

## FATHERHOOD

The Fatherhood Adventure!: Taking care of her  
During Pregnancy  
The Fatherhood Adventure!: Taking care of her  
During Birth  
The Fatherhood Adventure!: Taking care of them  
postpartum  
The Fatherhood Adventure!: Baby Care Basics  
for Dads  
Being a Father: 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 (18)  
Being a Father: Loving Disciple  
Being s Father: Practical Disciple



# BrightCourse

## SPANISH

**El Primer Trimestre** (*Your First Trimester*)

**Expectativas del Primer Trimestre** (*First Trimester Expectations*)

**Atencion Prenatal** (*Prenatal Care*)

**Comer por 2** (*Eating for Two*)

**Tu Cita de Ultrasonido** (*Your Ultrasound Appointment*)

**El Segundo Trimestre** (*Your Second Trimester*)

**Expectativas de Segundo Trimestre** (*Second Trimester Expectations*)

**Las Emociones de Embarazo** (*Emotions of Pregnancy*)

**Que es Seguro Drante el Embarazo?** (*What is Safe in Pregnancy*)

**Vinculacion con su Bebe por Nacer** (*Bonding with Your Unborn Baby*)

**El Tercer Trimestre** (*Your Third Trimester*)

**El Ultimo Tramo** (*The Final Stretch*)

**Expectativas del Tercer Trimestre** (*Third Trimester Expectations*)

**De Expectativas Sobre el Parto** (*Labor Expectations*)

**El Mundo Secreto de tu Bebe por Nacer** (*Your Unborn Babies Secret World*)

**Trucos de Mama para una Grand Barriga** (*Big Belly Mom Hacks*)

**Prepararse para una Cesarea** (*Preparing for a C-Section*)

**Como Preparar el Nido** (*Getting Ready: Nesting*)

**Labor de Parto y Nacimiento:**

**Preparandos** (*Labor & Delivery: Getting Ready*)

**Labor de Parto y Nacimiento: Medidas Naturals de Comfort** (*Labor & Delivery: Natural Comfort Measures*)

**Labor de Parto y Nacimiento: Alivio Medico de Dolor** (*Labor & Delivery: Medical Pain Relief, Intervention, & Procedures*)

**Labor de Parto y Nacimiento:**

**Entrendando a tu Asesor de Nacimiento** (*Labor & Delivery: Training your Birth Coach*)

**El Contacto Directo a los Ojos Significa Amor** (*Eye Contact Means Love*)

**El Temperamento dr un Bebe** (*Infant Temperament*)

**La Imprtnica de Vincularse** (*The Importance of Bonding*)

**Expectativas Infantiles** (*Infant Expectations*)

**Higiene Infantil** (*Infant Hygiene*)

**Cuidado Infantil Simple** (*Simple Infant Care*)

**Cuidado Personal Despue del Nacimiento** (*Caring for Yourself After Childbirth*)

**Depresion Postparto** (*Postpartum Depression*)

**Enfrentandolo Sola** (*Going it Alone*)

**Embarazo de Riesgo** (*At Risk Pregnancies*)

**Tabaquismo, Alcohol, Drogas, y Embarazo** (*Smoking/Drinking/Drugs*)

**Sindrome del Bebe Sacudido** (*Shaken Baby Syndrome*)

**Esperar dos o Mas Bebes** (*Expecting Twins & More*)

**Alimentando A Tu Bebe: El Biberon** (*Feeding Your baby: The Bottle*)

**Alimentando A Tu Bebe: Lactanica**

**Materna: Comenzando** (*Feeding Your Baby: Breastfeeding: Getting Started*)

**Alimentando A Tu Bebe: Lactanica**

**Materna Exitosa** (*Feeding Your Baby: Breastfeeding: Successful Breastfeeding*)

**Alimentando a Tu Bebé: Lactancia**

**Materna Problemas y Soluciones**

(*Feeding Your Baby: Breastfeeding: Problems & Solutions*)

**Alimentando a Tu Bebé: Lactancia**

**Materna: Destete** (*Feeding Your Baby: Breastfeeding: Weaning*)

## SPANISH CONTINUED

**Ser una Super Mama** (*Being a Super Mom*)

**Seguridad de la Silla de Auntemovil** (*Car Seat Safety*)

**Nutricion del la Mama** (*Mommy Nutrition*)

**La Videncia Familiar** (*Domestic Violence*)

**Previniendo el Abyse Sexual Infantil** (*Preventing Child Sexual Abuse*)

**Vacunas para Ninos** (*Childhood Immunizations*)

**SMS- Sindrome de la Muerte Subita Infantil** (*SIDS*)

**Enfermedad del Recien Nacido** (*Newborn Sickness*)

**Reanimacion Cardiopulmonar (RCP)** (*Infant & Child CPR*)

**Nutricion Infantil** (*Infant Nutrition*)

**Los Movimientos del Bebe** (*Baby On the Move*)

**Como Hacer Dormir al Bebe** (*Getting Your Baby to Sleep*)

**Servicos de Guarderia de Calidad** (*Quality Child Care*)

**Llanto** (*Crying*)

**Ententer a su Hijo** (*Understanding your Infant*)

**Expectativas Sobre El Nino 0-3 Meses** (*Infant Expectations 0-3 Months*)

**Expectativas Sobre El Nino 3-6 Meses** (*Infant Expectations 3-6 Months*)

**Expectativas Sobre El Nino 6-9 Meses** (*Infant Expectations 6-9 Months*)

**Expectativas Sobre El Nino 9-12 Meses** (*Infant Expectations 9-12 Months*)

**Hitos De Mami** (Mommy Milestones)

**Hitos de 12-15 Meses** (12-15 Month Milestones)

**Hitos de 18-24 Meses** (18-24 Month Milestones)

**Hitos de Meses 24-36 Months** (24-36 Months Milestones)

**Entrenandolo para usar el Bano** (*Toilet Training*)

**Berrinches** (Tantrums)

**Lloriqueo** (Whining)

**Dormir, Hora de Acostarse, y Mañanas** (Sleeping, Bedtime, Mornings)

**Creando Lazos con tu Pequeño Niño** (Bonding with your Toddler)

**Tiempo Con Tu Pequeño** (Time with Toddler)

**La Importancia De Las Palabras** (The Importance of Words)

**Puedo Hacerlo Yo Solo** (I Can Do It Myself)

**Juego de niños pequeños** (Toddler Play)

**Seguridad De Tu Pequeño** (Toddler Safety)

**Hay esperanza! (Padre soltero)** There is Hope! (Single Father, Lsn. 1)

**Hay esperanza! (Madre soltera)** There is Hope! (Single Mother, Lsn. 1)

**Hay esperanza! (Padrastro)** There is Hope! (Stepfather, Lsn. 1)

**Hay esperanza! (Madrastra)** There is Hope! (Stepmother, Lsn. 1)

**Padre estable, hogar estable (Padre soltero)** Stable Parent, Stable Home (Single Father, L2)

**Padre estable, hogar estable (Madre soltera)** Stable Parent, Stable Home (Single Mother, L2)

**Padre estable, hogar estable (Padrastro)** Stable Parent, Stable Home (Stepfather, Lsn. 2)

**Padre estable, hogar estable (Madrastra)** Stable Parent, Stable Home (Stepmother, Lsn. 2)

**Comunicación con los padres (Padre soltero)** Co-parent Communication (Single Father, Lsn. 3)

**Comunicación con los padres (Madre soltera)** Co-parent Communication (Single Mother, Lsn. 3))

**Comunicación con los padres (Padrastro)** Co-parent Communication (Stepfather, Lsn. 3)

**Comunicación con los padres (Madrastra)** Co-parent Communication (Stepmother, Lsn. 3)

**Reuniones de copaternidad y manejo de la entrega (Padre soltero)** Meetings & Handoffs (Single Father, L4)

**Reuniones de copaternidad y manejo de la entrega (Madre soltera)** Meetings & Handoffs (Single Mother, L4) )

**Reuniones de copaternidad y manejo de la entrega (Padrastrros)** Meetings & Handoffs (Stepfather, L4)

**Reuniones de copaternidad y manejo de la entrega (Madrastros)** Meetings & Handoffs (Stepmother, L4)