

# 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 | 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 |

## PREGNANCY & BIRTH PACK: (cont.)

|         |                                     |         |
|---------|-------------------------------------|---------|
| 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 |
| 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: Lemn 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 |
|---------|-----------------------------|---------|

## 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 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 | 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 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 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, Unheal  | 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 | MKHH: Acknowledge Where You Are Now    | 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 |

## SPECIAL CIRCUMSTANCES PACK: (cont.)

|         |                                        |         |
|---------|----------------------------------------|---------|
| SC-0780 | TR Boundaries and Seeking Help         | 14 mins |
| SC-0781 | TR Understanding Trauma - What Does He | 9 mins  |
| 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  |

## 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 | 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 |

## 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 |

## POSITIVE PARTNERSHIPS PACK: (cont.)

|         |                                     |         |
|---------|-------------------------------------|---------|
| 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 |
| 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 |

## BIBLE STUDY PACK: (cont.)

|         |    |                                     |         |
|---------|----|-------------------------------------|---------|
| BS-0624 | TR | UTG2: Receiving Jesus as My Savior  | 14 mins |
| BS-0625 | TR | UTG3: Recognizing Satan             | 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 |    | Navig Motherhood - Introduction     | 7 mins  |
| BS-0821 |    | Navig Motherhood-Pregnancy          | 12 mins |
| BS-0822 |    | Navig Motherhood-Growing in Confide | 18 mins |
| BS-0823 |    | NavigMotherhood-Embracing Change    | 20 mins |
| BS-0824 |    | Navig Motherhood-Comparison         | 11 mins |
| BS-0825 |    | Navig Motherhood-Surrender Unpredic | 14 mins |
| BS-0826 |    | Navig Motherhood-Postpartum Body Im | 10 mins |
| BS-0827 |    | Navig Motherhood-Who to Listen To   | 23 mins |
| BS-0828 |    | Navig Motherhood-What I Wish        | 20 mins |
| BS-0829 |    | Navig Motherhood-Unseen Holiness of | 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 5/6/2025

TR=Training Required