

CHOICES

MEDICAL SERVICES

These video lessons are accessed through Choices Medical Services' Online Parenting Classes. The following information is provided by BrightCourse.

PREGNANCY AND 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 Baby's Secret World
- Big Belly Mommy Hacks
- 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: Techniques and Latch
- Breastfeeding: Getting Enough Milk
- Breastfeeding: Growth & Essentials
- Breastfeeding: Returning to Work

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
- First Year: Newborn Milestones
- First Year: 3 to 5 Month Milestones
- First Year: 6 to 9 Month Milestones
- First Year: 12 Month Milestones

TODDLER:

- Toddler Mommy Milestones
- Toddler Development Milestones 12-15
- Toddler Development Milestones 15-18
- Toddler Development Milestones 18-24
- Toddler Development 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 & Illness
- Toddler Oral Health
- Toddler Nutrition

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:

- Depression Suicide
- Anger Management
- Taking Care of Hygiene
- Screen Time and You
- Home Health
- 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

POSITIVE PARTNERSHIPS:

- Healthy Boundaries
- Cohabitation
- Marriage Choice
- Staying Married
- Single Parenting
- 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 & Punishment
- 10 Ways to Improve Your Child's Self-Confidence
- Birth Order and What You Need to Know About It
- Standing Up to the New Goliath: Technology

FATHERHOOD:

- Practical Fatherhood
 - Real Time
 - Role Models
 - Respect for Mother
 - Being a Leader
 - Discipline Foundation
 - Discipline Guidelines
 - Situational Discipline
 - Being Consistent

OTHER CIRCUMSTANCES:

- Healing from Abuse
- Relationship Loss
- Pregnancy Loss
- Domestic Violence
- Sex and You
- Choosing Marriage
- Making the Commitment to Wait

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