

CHOICES

MEDICAL SERVICES

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

PREGNANCY AND 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
- Your Third Trimester
- Third Trimester Expectations
- Labor Expectations
- Preparing for a C-Section
- 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
- Preparing for Twins
- Labor 101: Intro & Options
- Labor 101: Interventions & Labor
- Labor 101: Moving Through labor
- Labor 101: What to Expect
- Labor 101: Infant Care
- Breastfeeding: Goals & Benefits
- Breastfeeding: Starting Right-Good Latch

- Breastfeeding: Your Breast Milk
- Breastfeeding: Positions & First Weeks
- Breastfeeding: Your Milk Supply & You

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
- Infant Expectations: 0-3 Months

- Infant Expectations: 3-6 Months
- Infant Expectations: 6-9 Months
- Infant Expectations 9-12 Months
- Dunstan Baby Language

TODDLER:

- Toddler Mommy Milestones
- Toddler Development Milestones 12-15
- Toddler Development Milestones 15-18
- Toddler Development Milestones 18-24
- Toddler Development Milestones 24-36
- Toilet Training
- Tantrums
- Whining
- Siblings
- Sleeping, Bedtimes, Mornings
- Bonding with Your Toddler

TODDLER CONTINUED:

- Time with Toddler
- The Importance of Words
- I Can Do it Myself
- Toddler Play
- Toddler Accidents
- Toddler Safety
- Toddler 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
 - Funday: Leman Secrets for Enjoying the Journey
- Creating Motivation
- Creating Honesty
- Creating Courage
- Creating Kindness
- Creating Confidence
- ADD/ADHD

- Autism
- Strong Willed Children
- Child Anger
- Sexual Behavior and Children
- Value Packed Parenting
 - Caution: Anger Ahead
 - The 10 Best Gifts to Give Your Kids
 - Discipline Isn't Spelled PUNISHMENT
 - Improve Your Child's Self-Confidence
 - Birth Order
 - Standing Up to Technology

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
- Preparing for a Job-Hard Truth
- Finding a Job
- Preparing for the Interview

POSITIVE PARTNERSHIPS:

- Healthy Boundaries
- Cohabitation
- Marriage Choice
- Staying Married
- Single Parenting

COPARENTING:

- There is Hope!
- Stable Parent, Stable Home
- Co-Parent Communication
- Meetings & Handling the Handoff
- 6 Risks for Children after Divorce
- Holidays, Special Occasions & School
- Critical Issues
- Abuse, Addiction & Abandonment
- Dating & Remarriage
- Beyond Child Support

FATHERHOOD:

- Being a Father
 - The Two Questions
 - Real Time
 - Being a Role Model
 - Being a Leader
 - Being Consistent
- Practical Fatherhood
 - Respect for Mothers
 - Discipline Foundation
 - Discipline Guidelines
 - Situational Discipline

OTHER CIRCUMSTANCES:

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

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