



Pregnancy/Parenting Classes @ the BPRC! All classes FREE!
Call 512-409-3400 or Text 512-593-1949 to register- Bastropprc.org

Pregnancy & Birth

- PB-0371 Your First Trimester 30 min.
- PB-0362 Prenatal Care 18 min.
- PB-0370 Eating for Two 23 min.
- PB-0004 Your Ultrasound Appointment 18 min.
- PB-0499 First Trimester Expectations 21 min.
- PB-0373 Your Second Trimester 25 min.
- PB-0007 Emotions of Pregnancy 25 min.
- PB-0372 What is Safe in Pregnancy 24 min.
- PB-0009 Bonding with Your Unborn 19 min.
- PB-0500 Second Trimester Expectations 22 min.
- PB-0374 Your Third Trimester 26 min.
- PB-0383 The Final Stretch 21 min.
- PB-0568 Unborn Baby's Secret World 18 min.
- PB-0014 Big Belly Mommy Hacks 28 min.
- PB-0501 Third Trimester Expectations 23 min.
- PB-0566 Labor Expectations 15 min.
- PB-0481 Preparing for a C-Section 25 min.
- PB-0363 Getting Ready: Nesting 20 min.
- PB-0589 Labor and Delivery Getting Ready 23 min.
- PB-0588 Labor and Delivery Natural Comfort Measures 23 min.
- PB-0604 Labor and Delivery Medical Pain Relief, Interventions... 21 min.
- PB-0610 Labor and Delivery Training Your Birth Coach 22 min.
- PB-0630 Eye Contact Means Love 18 min.
- PB-0567 Infant Temperament 21 min.
- PB-0535 The Importance of Bonding 21 min.
- PB-0021 Infant Expectations 20 min.
- PB-0022 Infant Hygiene 22 min.
- PB-0023 Simple Infant Care 19 min.
- PB-0024 Taking Care of Yourself After Birth 40 min.
- PB-0318 Postpartum Depression 28 min.
- PB-0802 Going it Alone 19 min.
- PB-0319 At Risk Pregnancies 24 min.
- PB-0384 Shaken Baby Syndrome 17 min.
- PB-0565 Expecting Twins and More 24 min.
- PB-0639 Feeding Your Baby: The Bottle 21 min.
- PB-0640 FYB: Breastfeeding: Getting Started 20 min.
- PB-00641 FYB: Breastfeeding: Successful Breastfeeding 22 min.
- PB-00642 FYB: Breastfeeding: Problems & Solutions 18 min.
- PB-0643 FYB: Breastfeeding: Weaning 17 min.
- PB-0703 Drug Use During Pregnancy 16 min.

BRIGHTBIRTH ACADEMY:

- BB-0646 You Are In Control 24 min.
- BB-0647 Your Body & Birth 24 min.
- BB-0648 Pain & Natural Birth 33 min.
- BB-0649 B.R.A.I.N. & Decision Making 16 min.
- BB-0650 Medical Pain Relief, Interventions, & Proc. 20 min.
- BB-0651 Planning for Birth 13 min.
- BB-0652 Postpartum 14 min.

FIRST YEAR:

- FY-0322 Mommy Work 16 min.
- FY-0323 Being a Super Mom 19 min.
- FY-0033 Car Seat Safety 39 min.
- FY-0364 Mommy Nutrition 22 min.
- FY-0035 Preventing Child Sexual Abuse 29 min.
- FY-0352 Immunizations 29 min.
- FY-0037 SIDS 22 min.
- FY-0326 Newborn Sickness 25 min.
- FY-0626 Infant Accidents 17 min.
- FY-0039 Infant & Child CPR 20 min.
- FY-0041 Infant Nutrition 22 min.
- FY-0042 Baby On the Move 26 min.
- FY-0375 Getting Your Baby to Sleep 18 min.
- FY-0492 Crying 24 min.
- FY-0448 Quality Child Care 21 min.
- FY-0475 Understanding your Infant 21 min.
- FY-0477 Infant Expectations: 0-3 Months 24 min.
- FY-0478 Infant Expectations: 3-6 Months 20 min.
- FY-0479 Infant Expectations: 6-9 Months 20 min.
- FY-0480 Infant Expectations: 9-12 Month 19 min.
- FY-0584 Dunstan Baby Language Lesson 1 10 min.
- FY-0585 Dunstan Baby Language Lesson 2 23 min.
- FY-0586 Dunstan Baby Language Lesson 3 10 min.
- FY-0655 Teething Time 22 min.

TODDLER:

- TP-0111 Toddler Mommy Milestones 22 min.
- TP-0112 Toddler Dev. Milestones 12-15 24 min.
- TP-0113 Toddler Dev. Milestones 15-18 19 min.
- TP-0114 Toddler Dev. Milestones 18-24 22 min.
- TP-0115 Toddler Dev. Milestones 24-36 21 min.
- TP-0455 Potty Training 25 min.
- TP-0376 Tantrums 19 min.
- TP-0365 Whining 18 min.
- TP-0119 Siblings 25 min.



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- TP-0366 Sleeping, Bedtimes, Mornings 18 min.
- TP-0377 Bonding with Your Toddler 20 min.
- TP-0367 Time with Toddler 19 min.
- TP-0368 The Importance of Words 19 min.
- TP-0369 I Can Do It Myself 20 min.
- TP-0493 Toddler Play 22 min.
- TP-0327 Toddler Accidents 24 min.
- TP-0328 Toddler Safety 22 min.
- TP-0329 Toddler Illness 24 min.
- TP-0330 Toddler Nutrition 20 min.
- TP-0331 Toddler Oral Health 22 min.
- TP-0672 Getting Your Child To Eat 27min.

PARENTING:

- PP-0385 Creating Motivation 18 min.
- PP-0386 Creating Honesty 19 min.
- PP-0387 Creating Courage 18 min.
- PP-0388 Creating Kindness 19 min.
- PP-0389 Creating Confidence 21 min.
- PP-0390 ADD/ADHD 25 min.
- PP-0391 Autism 22 min.
- PP-0392 Strong-Willed Children 20 min.
- PP-0393 Child Anger 21 min.
- PP-0394 Sexual Behavior and Children 26 min.
- PP-0284 Single Parenting During Deployment 20 min.
- PP-0285 Reunited: Family Unity Upon Return 21 min.
- PP-0505 Co-Parenting 27 min.
- PP-0701 Words Matter: Silent Words 15 min.
- PP-0700 Words Matter: Magic Words 24 min.
- PP-0702 Words Matter: No Words 18 min.

COPARENTING:

Each lesson is created differently for four different client types: Step Dads,

Step Moms, Single Dads and Single Moms.

- OH-0504-0508 There is Hope 21-33 min.
- OH-0509-0512 Stable Parent, Stable Home 24-35 min.
- OH-0513-0516 Co-parent Communication 28 min.
- OH-0517-0520 Meetings & Handling the Handoff 21 min.
- OH-0521-0524 6 Risks for Children After Divorce 21 min.
- OH-0525-0528 Holidays, Special Occasions & School 21 min.
- OH-0529-0532 Critical Issues 35 min.

- OH-0533-0537 Abuse, Addiction & Abandonment 31-43 min.
- OH-0538-0541 Dating & ReMarriage 12-29 min.
- OH-0542-0545 Beyond Child Support 38 min.

LIFE SKILLS:

- LS-0447 Taking Care of Hygiene 22 min.
- LS-0450 Screen Time and You 21 min.
- LS-0452 Home Health (housecleaning) 18 min.
- LS-0453 Anger Management 24 min.
- LS-0186 Fighting the Impulse to Spend 18 min.
- LS-0187 The Monster of Debt 18 min.
- LS-0188 Credit Cards, Friend or Foe 18 min.
- LS-0189 Financial Emergencies 16 min.
- LS-0190 Budgeting 101 14 min.
- LS-0191 Credit Scores 14 min.
- LS-0192 Buying a Car 19 min.
- LS-0193 Career or Job 16 min.
- LS-0194 Staying out of Debt 15 min.
- LS-0195 Your Financial Future 14 min.
- LS-0312 Helping Children Process Change 18 min.
- LS-0314 Getting Established 20 min.
- LS-0494 Preparing for a Job-Hard Truth 19 min.
- LS-0495 Finding a Job 18 min.
- LS-0496 Preparing for the Interview 16 min.
- LS-0497 At the Interview 17 min.
- LS-0498 Success at Work 16 min.

FATHERHOOD LESSONS:

- PF-0489 The Fatherhood Adventure: Care During Pregnancy 27 min.
- PF-0490 The Fatherhood Adventure: Care During Birth 26 min.
- PF-0491 The Fatherhood Adventure: Taking Care of Them Post. 26 min.
- PF-698 The Fatherhood Adventure: Baby Care Basics 19 min.
- PF-0482 Being a Father: The Two Questions 24 min.
- PF-0483 Being a Father: Real Time 25 min.
- PF-0484 Being a Father: Being a Role Model 22 min.
- PF-0485 Being a Father: Being a Leader 23 min.
- PF-0486 Being a Father: Being Consistent 18 min.
- PF-0487 Being a Father: Loving Discipline 23 min.
- PF-0488 Being a Father: Practical Discipline 26 min.
- PF-0794 Being a Father: Respect for Mothers 24 min.