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# MODERN PREGNANCY VIDEO SERIES

*PATIENT EDUCATION AND TEACHING  
PROGRAMS*

Designed for:

- *Parents*
- *Childbirth Educators*
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Programs Include:

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**PRE-PREGNANCY AND CONCEPTION**

- #00120 **HUMAN REPRODUCTION: *Male & Female Anatomy & Conception***  
This program illustrates the development of the male and female reproductive systems. The development, maturation, movement, and final joining of the sperm and egg are described in detail. Their journeys are traced from origin to fertilization with an explanation of each organ and its function. Approximate running time: 22 minutes.
- #00320 **CONCEPTION & CONTRACEPTION: *Family Planning***  
The basis for knowledgeable family planning is presented in this program, where excellent graphics show the anatomy and physiology of male and female reproductive organs, the process of fertilization, and methods and devices for contraception. Approximate running time: 27 minutes.

**PREGNANCY**

- #00130 **FETAL & MATERNAL DEVELOPMENT: *From Conception to Birth***  
This is an excellent month-to-month description in video, graphics, and animation of the development of a baby from fertilization to the time of its birth. The development from one cell to a complex organism ready to survive at birth is presented along with the capacity of the mother's system to nourish, protect, and accommodate the growing and developing baby. Approximate running time: 20 minutes.
- #00140 **PREGNANCY: *Maternal Body Changes & Stresses***  
By emphasizing both the physical and emotional changes of pregnancy, this program helps the pregnant woman to understand the factors, which stress her system. Both structural and hormonal stresses are discussed and the resulting changes in the bodies skeletal, muscular, circulatory, digestive, respiratory, and elimination systems are highlighted. Approximate running time: 20 minutes.
- #00150 **PREGNANCY: *Nutrition, Exercise, Rest & Daily Care***  
In this program the accent is on the mother's responsibility for providing a healthy environment for her unborn baby. Detailed graphics and live-action footage depict what is happening to her body and emphasize the importance of nutrition, exercise, rest and the daily care of her body, both for herself and the baby she is carrying. Approximate running time: 22 minutes.
- #00160 **PRENATAL EXAM: *General, Obstetrical & Fetal Assessment***  
The importance of early prenatal care is emphasized in this program. It provides an interpretation of the importance of the general and obstetrical exams. Family history physical assessment of the lungs and heart, and significance of the blood and urine analysis are explained. High-risk pregnancies and specific danger signs are included. Approximate running time: 22 minutes.
- #00170 **MINOR DISCOMFORTS OF PREGNANCY: *Prevention & Relief***  
This program describes the systems of a woman's body and the impact, stresses, and hormonal effects pregnancy has on them. It gives the mother-to-be ways of preventing and alleviating the common discomforts of pregnancy. Danger signs are also covered. Approximate running time: 22 minutes.
- #00180 **EMOTIONAL CHANGES & *Sexuality in Pregnancy & Postpartum***  
This program explores the unique physical and emotional changes, which take place in the mother and father during the first, second, and third trimesters of pregnancy. It looks at the mother and father developing as persons, as partners and as parents during the time of pregnancy. Changes in the marriage and factors of sexuality are discussed. Approximate running time: 20 minutes.
- #00190 **NUTRITION DURING PREGNANCY: *for Mother & Child***  
This program provides an understanding of the need for proper nutrition during pregnancy. The basic food groups are presented, along with suggested methods of selecting, preparing, and storing food. Approximate running time: 24 minutes.

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### **#00200 PRENATAL EXERCISES & BODY CONDITIONING**

This program describes the physical and functional aspects of maternal body changes and stresses. This program demonstrates prenatal exercises, which may help prevent or alleviate common minor discomforts during pregnancy and delivery. Approximate running time: 22 minutes.

### **#00210 PROCESS OF LABOR & DELIVERY: *Anatomy & Physiology***

The three physical elements in labor and delivery are clearly depicted in this program. This program illustrates of the passageway, the passenger, and the powers at work during the process of labor and delivery. Signs of labor, changing contractions, and proper breathing patterns are included. Approximate running time: 27 minutes.

### **#00220 CHILDBIRTH PREPARATION: *Relaxation, Breathing & Comforting Techniques***

This program is an outline of the content and conduct of childbirth preparation classes. A discussion of the anatomy and physiology of childbirth is included. A description of the nature and functions of contractions is presented. Methods and techniques of relaxation, breathing, focal point, effleurage, massage, stroking, expulsion and comforting are presented. Approximate running time: 23 minutes.

### **#00250 CESAREAN CHILDBIRTH**

Pictures, graphics and live footage depict all aspects of cesarean childbirth, covering office visits, pre-operative procedures, surgery, post-operative pain and methods for relief. Anatomical graphics provide explanations of reasons for C-sections and the benefits and risks are discussed. Fetal challenges are included, as are breathing, movement, exercise, hygiene and diet. Approximate running time: 24 minutes.

### **#00300 PREPARATION FOR BREAST FEEDING**

This program shows a couple and their family establishing a successful breast feeding experience, demonstrating proper methods of preparing the breasts during pregnancy, and nursing the baby through the first weeks. This program is a common sense approach to breast feeding. Approximate running time: 22 minutes.

### **DELIVERY**

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## **POSTPARTUM CARE**

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- #00260 **POSTPARTUM PERIOD: *The Mother and the Newborn***  
This program emphasizes the hours and days immediately following birth, and what new parents can expect. Images depict immediate physical changes in, and care of the uterus, cervix, pelvis, perineum, and breasts, as well as the challenges of stitches, elimination and early exercise. Also included are the emotional changes in the mother, and physical and emotional needs of the newborn. Approximate running time: 25 minutes.
- #00270 **POSTNATAL EXERCISES & BODY CONDITIONING**  
This program shows exercises for mothers developed by physical therapists for the first six weeks following birth. They help strengthen the muscles, which are stretched during pregnancy and delivery. Exercises for strengthening the abdominal muscles, pelvic floor, back, thighs, buttocks, and breasts are described. Approximate running time: 20 minutes.
- #00290 **FAMILY BONDING: *Pregnancy Birth & the First Hours***  
The nature of family attachment and interaction is demonstrated in this program. It follows the beginning of maternal and family bonding with the baby through pregnancy, birth, and the early hours. The program emphasizes the development of family support and the significance of active participation at birth and in the baby's first few hours of life. Approximate running time: 20 minutes.
- #00295 **PARENT-INFANT INTERACTION**  
After caretaking, soothing and stimulating are the two major tasks facing a parent with a new baby. This program shows the importance of "tuning-in" to the cues and the unique personality of the newborn. It demonstrates the different ways babies prefer to be soothed and the importance of parent interaction and playtime, focusing on the baby's attention cycles. Approximate running time: 30 minutes.
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## **INFANT CARE**

- #00310 **NEW BABY CARE**  
This program is designed to help new parents with the early challenges of infant care, including bathing, cord care, diaper changing, diaper or face rash, cradle cap, sleeping, feeding, carrying, traveling, newborn appearance, sleep-awake cycles, and soothing and stimulation skills. ALSO AVAILABLE IN SPANISH. Approximate running time: 20 minutes.
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