

WWW.CHILDBIRTHVIDEOS.COM

# MODERN PREGNANCY VIDEO SERIES

*PATIENT EDUCATION AND TEACHING  
PROGRAMS*

Designed for:

- *Parents*
- *Childbirth Educators*
- *Nurses*
- *Teachers*
- *Schools*

Programs Include:

- *Pregnancy*
- *Childbirth*
- *New Baby Care*
- *Nutrition*
- *Exercise*
- *Breastfeeding*
- *Prenatal*
- *Postpartum*

WWW.CHILDBIRTHVIDEOS.COM  
103 Pequena Court  
Whitewater, CO 81527

1-800-227-0731

If recipient is gone, please forward to someone who  
can benefit from these educational materials



FREE STREAMING  
PREVIEWS & REPORTS  
ONLINE

Need more catalogs?

**1-800-227-0731**

This catalog compliments of:



### **SHIPPING**

We ship via USPS. Please inform us if you need the program by a certain date. There is a \$10.00 per tape charge for shipping and handling, however volume pricing for shipping may apply (see order form). We are happy to ship via your specified carrier. We are also happy to ship via overnight service, at an additional charge.

### **PAYMENT**

We accept checks, money orders, and purchase orders for payment. Credit Cards orders are available online only and are verified by PayPal. Checks delay shipment until funds clear bank.

### **DOCTORS, HOSPITALS, INSTRUCTORS, CAREGIVERS - CUSTOMIZE *OUR* TAPES WITH YOUR LOGO OR MESSAGE!**

Our tapes can be customized to include your logo, either still or in 3D animation. We can include a message from your president or a head staff member. Customizing increases awareness between you and your customers, and creates a more personal environment for the programs message. Call us today and see how cost-effective customizing can be.

### **CLOSED CAPTIONING/COPYRIGHT**

All of our programs have been closed captioned for the deaf and hearing impaired. All of our programs are copyrighted. It is illegal to duplicate, edit or broadcast them either in whole or part without our prior written authorization.

### **GUARANTEE/RETURNS**

All our videotapes are guaranteed for 1 year after date of purchase for defects. Guarantee does not apply to abuse or neglect. Our programs have been reviewed by a staff of doctors and nurses for accuracy. Any returned items are subject to a restocking charge of 30% of the purchase price.

### **FREE PREVIEW VIDEOS!**

Want to know more about all of the programs we offer? We've prepared special preview videos that highlight each of the topics and show you a sample from each program. Log onto [WWW.CHILDBIRTHVIDEOS.COM](http://WWW.CHILDBIRTHVIDEOS.COM) and visit our FREE preview section (Windows Media Player required & link available on-site).

FREE previews of the Modern Pregnancy Video Series

@

[WWW.CHILDBIRTHVIDEOS.COM](http://WWW.CHILDBIRTHVIDEOS.COM)

1.800.227.0731

Fax 970-256-8966

HealthyBaby@att.net

### **#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**

### **#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.

**To Order Call: 1-800-227-0731**

**[WWW.CHILDBIRTHVIDEOS.COM](http://WWW.CHILDBIRTHVIDEOS.COM)**

**POSTPARTUM CARE**

- #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.
  
- #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.
  
- #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.
  
- #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.

**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.
  
- #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.

**Modern Pregnancy Video Series Pricing Schedule**

Price per title.....\$39.95

**Quantity Orders of Same Program title may be purchased at a discount. Quantity orders of the same title require a minimum order of three copies per title.**

<u>Quantity</u>	<u>Price per copy</u>
3 - 10.....	\$29.95
(same program)	
11 - 50.....	\$19.95
(same program)	
51 - 100.....	\$10.95
(same program)	
101 - over.....	call for quote

**WWW.CHILDBIRTHVIDEOS.COM**

**To Order Call: 1-800-227-0731**