

## Program Descriptions

### Preparing for Baby

#### 10 Tips to Keep Your Baby Safe

Feeling overwhelmed by all the choices and advice from friends and relatives about your new baby? What to do? What to buy? The video by the U. S. Consumer Product Safety Commission includes safety advice for new and expectant parents on shopping for nursery products/equipment including cribs, play yards, high chairs and strollers. It also contains the latest updates on federal standards for these nursery products.

#### Baby's Almost Here: Advantages of Going Full Term

This video explains why it's worthwhile to go full term, maintaining the pregnancy as close to 40 weeks as possible. It outlines the risks of failed inductions prior to full term and explains valid reasons why a medically-indicated induction or C-sections prior to 40 weeks might be necessary. The program also will show how staying active builds stamina for the expectant mother to maintain the pregnancy to full term and it will illustrate the benefits that yoga offers to help manage stress during pregnancy.

#### Baby's Almost Here: Managing Risks as You Approach Delivery

This video will illustrate the importance of prenatal education in reaching the full 40-weeks of pregnancy. It will explain the importance of maintaining a proper diet and nutrition, avoiding alcohol, drugs and cigarette smoke and controlling weight gain during pregnancy. It will provide guidance on natural, spontaneous labor that includes getting regular, prenatal checks, knowing warning signs to watch for and understanding the optimal window for brain and respiratory development. In addition, the program will discuss the dangers of using medications to induce labor, including long-term difficulties for children who are born pre-term, encouraging women to accept help and try to enjoy their pregnancies.

#### Baby's First Test: Heart Disease Screening

Critical congenital heart disease (CCHD) represents a group of heart defects that cause serious, life-threatening symptoms, but are often treatable if detected early. Learn about this simple screening test that uses non-invasive pulse oximetry to measure how much oxygen is in the blood; helping to identify babies who may be affected by CCHD before they leave the hospital.

#### Babyproofing

Babies learn very quickly in their first year and in order for parents to ensure the home is a safe place parents must babyproof the house. This means taking a look at each room and removing or securing potential hazards. In this video we go from room to room and offer tips to make sure it's a safe place for baby to grow and explore.

#### Building a Breastfeeding Support Network

Moms learn how help and encouragement from others empowered them to breastfeed.

### Preparing for Baby (continued)

#### Choosing a Doctor for Baby

Selecting your child's healthcare provider is one of the most important decisions you'll make. Know what to ask and look for when you're seeking a new care provider.

#### Circumcision: What You Need to Know

Parents of boys have an extra decision to make after birth - whether or not to circumcise. Find out more about what circumcision is, the pros and cons of circumcising, and how to care for both the circumcised and uncircumcised penis.

#### Cleaning and Healthy Air

Providing a safe environment for your new little one starts from the moment you walk in the door. Surfaces should be clean, but make sure you are using cleaning products that are safe for baby. The air baby breathes should also be free of smoke or allergens, and carpets must be vacuumed regularly. This video will outline safe home cleaning practices and products and ways to maintain healthy air quality to ensure a clean and safe home for your baby.

#### Coping With the Baby Blues

Many new Moms experience feelings of sadness or anxiety right after the birth of the baby. "Coping With The Baby Blues" offers tips on how to deal with these feelings. Tips include leaning on your support system, healthy nutrition and getting regular exercise. Learn what you need to do to help beat the baby blues.

#### Drug and Alcohol Use: Making safe choices and seeking help

It is ideal to start making healthy lifestyle choices before you even know you're pregnant - when you are trying to conceive or doing nothing to avoid becoming pregnant. These lifestyle choices include stopping smoking and using other nicotine products, avoiding alcoholic beverages, stopping or getting treatment for drug addictions and being sure that prescription and over the counter medications that you use are safe for developing a pregnancy. And once you know you are pregnant, what you put in your body becomes even more vital. This program will share concerns about using prescription medications, drugs or alcohol during pregnancy and what you can do to help ensure a safe journey and outcome for you and your baby.

#### Exercising Safely When You Have Gestational Diabetes

Learn why exercising safely is an important part of managing gestational diabetes, and understand how to prevent low blood glucose while exercising.

#### Infant CPR

When an infant is not breathing, it takes only four minutes without oxygen for brain damage to occur. So, time is critical. This video will show you the signs to watch for and teach you the basic steps of performing CPR on an infant.

## Preparing for Baby (continued)

### **Juggling Your Work and Family**

This program addresses Mom's returning to work and the best ways to make it work for the entire family. Topics covered include psychological adjustments, family scheduling, day care options, interacting with your employer about flex time options and breast pumping.

### **Keeping Baby Clean**

Bath time can be fun for both parent and baby, and even older children can enjoy helping out, with proper supervision. This video will show you the best practices for keeping baby clean and how to make it a good experience for everyone involved.

### **Making Healthy Food Choices When You Have Gestational Diabetes**

Learn why choosing healthy carbohydrate and other food groups, while managing portion sizes, is important in controlling your blood glucose level and in providing enough nutrients to you and your growing baby.

### **Making the Decision to Breastfeed**

Moms explain their decision to breastfeed.

### **Mommy Don't Smoke**

This program addresses second-hand smoke concerns and urges mothers to stop smoking, not only for themselves but for their infants. Damage caused to an infant or child by second-hand smoke can aggravate a multitude of medical conditions.

### **Newborn Care: Breastfeeding Overview**

Learn some of the benefits of breastfeeding your newborn, how to properly hold her and attach her to your breast.

### **Newborn Care: Car Seat Safety**

Learn about keeping your newborn safe while traveling in a car.

### **Newborn Care: Sleeping**

Understand what to expect of the sleeping habits for your newborn baby and what you can do to help get him or her on a more predictable sleep schedule; and learn how to provide a safe and happy sleeping environment.

### **Newborn Care: The Benefits of Skin to Skin Contact**

Watch this video to understand the benefit to mother, father and baby of bonding with your newborn baby through skin to skin contact.

### **Newborn Immunizations**

Learn the common childhood immunizations, a typical schedule for them, and the importance of having your baby receive them on time.

### **Newborn Screening: Saves Babies One Foot at a Time**

Many new parents are confused about state mandated screening of their newborn. "Newborn Screening: Saves Babies One Foot at a Time" provides the essentials new parents need to know.

## Preparing for Baby (continued)

### **Pain Management Through Labor and Delivery**

Once you reach your third trimester of pregnancy, it's time to start planning for your baby's birth. Whether you intend to go with conventional or natural childbirth, it's important to familiarize yourself with methods of pain management during labor and delivery. A class offered by your provider, hospital, or birth center can educate you about your options, as can instruction from a childbirth educator or a doula.

### **Pain Management Through Pregnancy**

Aches and pains are a normal part of pregnancy, the result of your body changing to make room for your growing baby. While managing pain without medication is ideal, medicine may be necessary for some pregnant women who have chronic pain or experience severe pain. In this program you'll learn about non-medication techniques to help alleviate pain and how to use pain medications safely.

### **Partner's Role with Baby: Bonding with Baby**

We know how important the mother/baby bond is, but just as important is a bond between partner and baby. Ways for a partner not only to be a caregiver but also to form a bond with baby include physical touch, diapering and bathing the baby and supporting the mom when breastfeeding. Forming a bond with baby also helps mom's partner learn to recognize baby's cues and build their relationship with baby.

### **Partner's Role with Baby: Partner and Caregiver**

Since the only thing a partner can't do to take care of a new baby is breastfeed, there are many ways partners can care for their newborns while establishing a bond with baby. Diapering, cooking and doing laundry are some of the ways that a partner can help out around the house and allow the birth mom to get some rest helping her get back on her feet more quickly.

### **Preventing Shaken Baby Syndrome**

Learn what shaken baby syndrome is, the serious injuries it causes, and tips on how to comfort your baby while keeping them safe.

### **Rooming In With Your Baby**

Rooming in is the practice of keeping mothers and babies together following hospital or maternity center birth. Learn how rooming in promotes breastfeeding, supports better rest for you and baby, and provides your family with a chance to bond earlier with your new addition.

### **Safe Infant Sleep for Grandparents and Other Trusted Caregivers**

It is important for parents to understand ways to reduce the risk of sudden infant death syndrome (SIDS) and other sleep-related causes of infant death. It is equally important for parents to share and promote safe sleep to grandparents and other trusted caregivers. The video portrays what a safe sleep environment looks like and describes other ways to reduce the risk of SIDS and other sleep-related causes of infant death.

### **Secrets to Breastfeeding Success**

Need some nursing know-how? These steps and strategies will help soon-to-be-moms make an informed, smooth transition into breastfeeding.

## Preparing for Baby (continued)

### Stages of Labor

Every woman's labor is different, even from one pregnancy to the next. Labor may be prolonged or relatively short. Nevertheless, understanding the three stages of labor and what to expect in each can help you be prepared.

### The Benefits of Breastfeeding

Learn the unique ways that breast milk can impact your child's health and reduce the risks of Sudden Infant Death Syndrome (SIDS), asthma, obesity, and other health conditions.

### The Workplace and Pregnancy

Pregnancy is an exciting time, and if you are employed outside the home you may be eager to share your good news with your co-workers. When is it a good time to tell? And how will your pregnancy affect you in the workplace? Learn what regulations are in place to protect you on the job and how to stay safe and productive at work.

### Trimesters of Pregnancy

Pregnancy lasts about 40 weeks and is grouped into three trimesters starting from the first day of your last period. Your body goes through many changes as your baby grows and your bodies are both prepared for your due date of delivery. This program will share some of the normal changes you may experience during each trimester and why it's healthiest for most moms and babies to go the full 40 weeks.

### Understanding Gestational Diabetes

Learn what gestational diabetes is, and how hormones produced during pregnancy affect your blood glucose levels.

### Well Baby Visits

This program increases Moms understanding of what takes place during well-baby visits. It explains the doctor's examination of a new baby on the first visit after discharge from the hospital and at the second visit. It also advises Mom on how to prepare for the visit by providing a checklist of questions.

### Zika 101

Dr. Anne Schuchat, Principal Deputy Director of the CDC's Agency for Toxic Substances and Disease Registry explains what Zika is, how the virus is spread and how to best reduce your risk of infection especially if pregnant or trying to get pregnant.

## Breastfeeding

### Breast is Best (Part 1)

This program discusses the benefits and joys of breastfeeding. It explains the different techniques and guidelines for breastfeeding Moms. Part 1 discusses how breastfeeding benefits both Mom and Baby.

### Breast is Best (Part 2)

Part 2 focuses on how to get breastfeeding started right and includes variations on ways to hold baby while nursing.

## Breastfeeding (continued)

### Breast is Best (Part 3)

Once you get breastfeeding established, how do you know if your baby is getting enough to eat? Part 3 provides cues to watch for so you know that your baby is getting enough. It also provides tips for Mom on how to care for herself.

### Breast is Best (Part 4)

In Part 4, Mom learns how to use a breast pump to make sure baby has enough milk when she has to be away.

### Breastfeeding 411

There are many great resources, people and places to turn to for breastfeeding support and information. Find out what worked for other breastfeeding moms.

### Breastfeeding and Back to Work

Breastfeeding doesn't have to stop because you have to go back to work. See how other women planned for their return to work and made arrangements with their employers.

### Breastfeeding as a Single Mom

Just because you're single, doesn't mean you're alone. Single moms share their stories of support.

### Breastfeeding Basics (Part 1): Why I Breastfeed

"Breastfeeding Basics: Why I Breastfeed" (Part 1) covers important topics for mothers. This video describes the benefits of breastfeeding for Mother and baby.

### Breastfeeding Basics (Part 2): Breast Pumping

"Breastfeeding Basics: Breast Pumping" (Part 2) covers important topics for mothers. This video details the basics of pumping from how to choose a pump to the proper storage of the milk.

### Breastfeeding Basics (Part 3): Proper Positioning

"Breastfeeding Basics: Proper Positioning" (Part 3) covers important topics for mothers. This video provides how-to demonstrations on the different holds and ways to create a comfortable position for both Mom and baby while breastfeeding.

### Breastfeeding Basics (Part 4): Back to Work

"Breastfeeding Basics: Back to Work" (Part 4) covers important topics for mothers. This video explains how with a little work and support from those around her Mom can easily continue to breastfeed even once she goes back to work.

### Breastfeeding in Public for New Moms

Moms share their breastfeeding experiences and offer tips on how to handle a hungry baby while on the go.

### Breastfeeding Made Easy (Part 1)

This program discusses the numerous benefits of breastfeeding. Part 1 explains why breastfeeding is important for both Moms and babies.

### Breastfeeding Made Easy (Part 2)

Part 2 takes mothers through the basics of breastfeeding step-by-step including proper positioning and how to get a good latch.

## **Breastfeeding (continued)**

### **Breastfeeding Made Easy (Part 3)**

Understanding how to feed baby properly is very important. Part 3 explains that baby's don't feed on a certain schedule. Moms should feed baby when the baby is hungry. An "on demand" schedule is recommended for a new baby.

### **Breastfeeding Made Easy (Part 4)**

Breastfeeding is a skill that moms and babies have to develop together. Part 4 discusses keeping a breastfeeding log, breast care and breast pumping. It also highlights how a support group can help with breastfeeding.

### **Breastfeeding Your Newborn**

Watch this clip for a general explanation of how to approach breastfeeding to help get both mother and baby in a comfortable breastfeeding routine.

### **Breastfeeding: Breast Milk Production and Benefits**

Learn how your post-pregnancy breasts produce enough milk to feed your baby, and how breastfeeding is healthy for both of you.

### **Breastfeeding: Overcoming the Challenges of Breastfeeding**

Learn some effective strategies for managing the problems and stresses that new breastfeeding mothers often experience.

### **Breastfeeding: Proper Latch-on and Removal from the Breast**

Watch several moms demonstrate how to properly attach their babies to their breasts, and safely remove them at the end of the feeding or when the latch is incorrect.

### **Common Breastfeeding Positions**

Watch demonstrations of the three most common ways to hold your breastfeeding baby.

### **Hand Expression by UNICEF**

This video guides you through how to hand express, and talks about the times when hand expression might be useful for you.

### **Hand Expression in Breastfeeding**

Breast milk is nature's way of making sure your baby receives the maximum nutrition possible. When a mom needs to be away from her baby, or for other reasons, it's a good idea to know how to hand express milk. This segment will address the importance of hand expression when breastfeeding an infant and the benefits to mother and baby, as well as the specific techniques involved.

### **Handling Stress with Breastfeeding**

Motherhood and breastfeeding don't have to be stressful. Women share their tips for relieving stress to enable them to successfully breastfeed while they ease into their new role as a mom.

### **Helpful Strategies for Successful Breastfeeding**

Watch some common, effective strategies that may help make breastfeeding easier.

## **Breastfeeding (continued)**

### **Is Baby Getting Enough Breast Milk?**

Sometimes it's hard to tell if your newborn is eating enough to grow and stay healthy. Experts explain the signs you should watch for to make sure your baby is getting enough to eat.

### **Is My Baby Getting Enough Milk?**

Many new moms are concerned that their baby is getting enough milk. Pediatrician Sahira Long, MD IBCLC, answers new moms' most common questions and explains the signs that your baby is eating and growing at a healthy pace.

### **Steps for Hand Expression**

The Baby Friendly Initiative recommends that all mothers are taught how to hand express. It is a valuable skill in many situations, such as where the mother's breasts are engorged or where mother and baby are separated, perhaps through the baby being born preterm or sick, or when the mother returns to work. This video will help walk you through the steps of hand expression.

### **Uncovering Breastfeeding Misconceptions**

There are myths and misconceptions about breastfeeding that can impact a mother's decision to breastfeed. Hear stories from moms who uncovered the myths to make the best decision for themselves and their baby.

## **Child Safety**

### **Car Seats Aren't Cribs: Safe Sleep for Baby**

Car seats are essential for keeping your baby safe on planes, trains, and automobiles. But these seats, along with infant swings, standing seats, and other infant carriers can be dangerous when used for sleep or napping. Learn what positional asphyxia is, how to position your baby to keep his airway clear when seated, and how to ensure your baby always has a safe sleep environment.

### **Choking Prevention Skills**

Choking is one of the most common fears among new parents. Many small things a young child may try to put in his or her mouth can cause choking. It's important to be able to recognize the signs that a child is choking, and to know the proper techniques to help save them.

### **Drugs and Pregnancy**

Taking any medications, including over-the-counter medications and supplements, can be harmful in pregnancy. Speak with your physician about all medications you are taking to determine if they are safe to continue taking during pregnancy.

### **How to Make Your Furniture Safe for Kids**

If you live in a house where small children reside or visit, you've probably put away the breakables and covered the outlets. But here are some other safety precautions you may have missed.

### **Infant and Child Safety in The Home**

This program provides parents with basic information on protecting their little ones. It focuses on the safety measures for parents to consider throughout their home, included are ways to child proof their home to help keep baby safe.

## Child Safety (continued)

### **Infants and Children in the Hospital**

More than three million children are hospitalized in the United States every year. Learn about ways to make the hospital stay as safe as possible. Also, your newborn's first checkup will happen in the hospital, which includes screening tests, immunizations as well as advice about the baby's care and condition.

### **Keeping Baby Safe (Part 1)**

One of the most important jobs a new parent has is taking good care of their baby. There are so many basics to learn that sometimes safety takes a back seat. In "Keeping Baby Safe" parents will learn about co-sleeping and other sleep issues, giving medication and what to do to help prevent injuries.

### **Keeping Baby Safe (Part 2)**

In Part 2 of "Keeping Baby Safe" you will learn more about taking good care of your baby.

### **Newborn Care: Installing Your Car Seat**

Watch demonstrations of how to install an infant car seat using both a seat belt and a LATCH system.

### **Newborn Care: Safety Tips**

Watch this video to learn what you need to do to prevent accidents and fatalities in the crib and in the car.

### **Pregnant? Think! Don't Drink!**

Children exposed to alcohol in utero are at risk for growth deficiencies, facial deformities, central nervous impairment, behavioral disorders, and impaired intellectual development. Fetal Alcohol Spectrum Disorders (FASD) is 100% preventable if women don't drink while pregnant. If a woman is pregnant and can't stop drinking, help is available.

### **Protecting Your Newborn from Flu**

Studies show that young children are at high risk for serious flu-related complications. Learn more about the flu and simple steps you can take to keep young children safe.

### **When to Call the Doctor**

New parents are sometimes hesitant to call their pediatrician or nurse practitioner when they think their baby is ill. This program outlines the warning signs to watch for that mean your child needs to see their healthcare provider.

### **Which Houseplants are Toxic to Kids and Pets**

Houseplants clean stuffy indoor air and are a great source of stress relief. But some common types can be toxic to kids and pets. Here's how to tell.

## Development

### **Infant Milestones & Care: 4 to 7 Months**

After watching this program, the viewer should understand the developmental milestones a parent should expect to see in their baby at 4 to 7 months, and 8 to 12 months. The series will include vision, hearing, social, and movement guidelines, as well as important signs of possible health issues.

## Development (continued)

### **Infant Milestones & Care: 8 to 12 Months**

After watching this program, the viewer should understand the developmental milestones a parent should expect to see in their baby at 8 to 12 months. The series will include vision, hearing, social, and movement guidelines, as well as important signs of possible health issues.

### **Infant Milestones & Care: Birth to 3 Months**

After watching this program, the viewer should understand the developmental milestones a parent should expect to see in their baby at birth to 3 months. The series will include vision, hearing, social, and movement guidelines, as well as important signs of possible health issues.

### **Mother Knows Best**

This program teaches Moms the importance of trusting their own parenting instincts at a time when so much advice is given along with how to handle their doubts and know that their baby is their best teacher. It also discusses the value of touch and meeting their baby's needs and explores the options parents need to consider when choosing a caregiver that is right for their family and lifestyle.

### **Music Class For Moms and Their Babies**

This program discusses a fun way for parents to interact with, teach and entertain their child.

### **Your Newborn's Appearance**

Learn the common physical characteristics of a healthy newborn.

## Discharge From The Hospital

### **Going Home with Baby: Your Discharge (Part 1):**

#### **Going Home Basics**

Leaving the hospital with a newborn is an exciting and potentially nerve-racking time for a new mother. This 4 part series arms you with the information you need to head home from the hospital with confidence. Part 1 covers "Going Home Basics". Get vital information about support at home, screening tests at the hospital, paperwork for your child, and other discharge information.

### **Going Home with Baby: Your Discharge (Part 2):**

#### **Taking Care of Mom**

Part 2 of the "Going Home With Baby: Your Discharge" series covers "Taking Care of Mom." Find out how to take care of yourself physically and emotionally after a vaginal or cesarean delivery.

### **Going Home with Baby: Your Discharge (Part 3):**

#### **Caring for Baby**

Part 3 of the "Going Home With Baby: Your Discharge" series covers "Caring for Your Baby." Baby basics, from head to toe, to keep your baby happy and healthy.

### **Going Home with Baby: Your Discharge (Part 4):**

#### **Keeping Baby Safe**

Part 4 of the "Going Home With Baby: Your Discharge" series covers "Keeping Baby Safe." Learn about safe sleep, shaken baby syndrome, car seats, infant CPR, and more.

## **Family**

### **Childcare and Your Baby**

This program explores the options parents need to consider when choosing a caregiver that is right for their family and lifestyle. A variety of solutions are addressed such as in-home care (i.e. nanny, partner or family member) and out of home day care (i.e. day care providers, relatives or corporate day care).

### **The World of Parenting**

This program provides parenting advice that will help families adjust to life with baby. It covers the important role parents play in nurturing their new baby and the necessity of developing key support systems. Also featured is the important role the father plays in successful parenting.

### **When a New Baby Comes Home**

This program features specific ways to introduce a baby to its new environment, in particular, its siblings and pets. Also covered are behavioral and safety issues as well as the best ways to bring the whole family together in the care of the new arrival.

### **Working Together as a Family**

Learn how roles change when a new member of the family comes home, and how everyone can support mom and bond with the newborn.

## **Healthy Baby**

### **Baby Skin Care Tips**

This program provides parents with information regarding bathing, infant acne, cradle cap, eczema, birth marks, and sun protection. It provides tips on what to look for and how to care for the baby's skin

### **Bathing Your Newborn Baby**

Watch these step-by-step instructions to safely bathing your baby.

### **Comforting Your Crying Newborn**

Learn common reasons why your baby might cry, including colic, and learn several ways to comfort him.

### **Diapering 101**

"Diapering 101" discusses everything you need to know about diapering your baby. This program includes a "how to" on the actual diapering process, safety tips and supplies. It also discusses using wipes, diaper rash and umbilical cord diapering. You'll graduate at the top of your class and be a diapering pro after watching this program.

### **Diapering and Dressing Your Newborn**

Understand the common stool patterns of most bottle fed and breastfed babies, how to care for your child's sensitive diaper area and umbilical cord, and common tips to dressing your baby for comfort.

### **Healthy Eating From the Start (Part 1)**

Getting your children to eat a well-balanced diet starts right from the moment they are born. Get them off to a good start with breast milk and then help them grow by introducing healthy fruits, vegetables and meats along the way. Our program "Healthy Eating From the Start" provides an overview of how to start your child eating properly and keep them doing that throughout life.

## **Healthy Baby (continued)**

### **Healthy Eating From the Start (Part 2)**

In Part 2 of "Healthy Eating From the Start", learn more about how to start your child eating properly and keep them doing that throughout life.

### **Infant Feedings**

This program provides feeding and nutritional information for baby during the first four weeks of life. Breast milk is ideal but there are reasons some mothers choose to formula feed, including work, health issues and personal choice. Information on formula preparation assures Mom that her baby is provided with the nutrition needed to grow and thrive.

### **Jaundice and Your Newborn**

Jaundice is a common and usually harmless condition in newborn babies that can cause long-term medical problems if not diagnosed. This program provides mothers with information about what the signs of jaundice are, what to do if a new mother suspects jaundice and provides the key recommendations of the American Academy of Pediatrics on how to treat jaundice.

### **Massaging Baby's Stress Away**

Babies are surrounded by new stimulation that can be tough to process. This program teaches parents how, through massage, they can help to ease baby's stress and possibly even help in improving baby's sleep patterns.

### **Neonatal Abstinence Syndrome**

Neonatal abstinence syndrome, or NAS, is a group of health conditions a newborn has if he is exposed to opioids and certain other addictive drugs while in the womb. Experts explain what health problems a baby with NAS may have, and how to care for them.

### **Newborn Care: Common Health Concerns**

Learn common symptoms of illness, and when to call your baby's healthcare provider. The PKU test, jaundice and the correct use of thermometers are explained.

### **Newborn Care: Formula and Bottle Feeding**

Watch to learn the basic instructions for formula feeding your baby.

### **Newborn Care: How to Take Your Newborn's Temperature**

Watch this video to understand the proper methods for getting a safe and accurate reading of your baby's temperature.

### **Power of a Parent's Touch**

Almost every baby in the world undergoes painful medical procedures in the first few hours and days after birth. Researchers have found that performing skin-to-skin or kangaroo care offers numerous benefits to babies including relieving their pain.

### **Soothe Your Baby**

Nothing rattles a new parent more than a baby that just won't stop crying. The good news is that new parents quickly pick up on their child's cues and what their cries are signaling most of the time. Watch these top tips for calming a crying baby to learn more.

## Healthy Baby (continued)

### **The 3 Stages of Labor**

Labor, also called childbirth or giving birth, is the process by which the baby and the placenta leave the mother. This video, by the National Institute of Child Health and Human Development, describes the three stages of labor: early labor, active labor, and delivery of the placenta and afterbirth.

### **Understanding Why Babies Cry**

This program provides tips to help mothers manage a crying baby with confidence. It provides practical recommendations to calm and soothe the baby.

### **What to Expect at a Baby Friendly Hospital**

Understand what to expect at a hospital with a baby friendly designation including skin to skin contact, learning to breastfeed correctly and rooming in.

### **Your Baby's Oral Health**

This program instructs parents on the importance of oral health for their child. A variety of topics are covered such as when, why and how to stimulate and/or brush babies teeth and gums, teething and caries. Also addressed are what Moms should do in terms of breast care, bottles, nipples, pacifiers and oral hygiene.

## Healthy Mom

### **Back in Shape**

In the program, learn what a Mom can do to start getting back in shape shortly after she leaves the hospital.

### **Gestational Diabetes: Managing Hypoglycemia**

Learn how to recognize the symptoms of hypoglycemia, how to treat it if it happens, and the importance of discussing it with your healthcare provider.

### **Managing Gestational Diabetes with Single-Dose Insulin Injections**

Watch how to prepare your supplies and properly inject a single dose of insulin.

### **Yoga For Moms and Their Babies**

Exercise is a great way to reduce stress, speed up recovery, and get back in shape. Yoga provides all of these benefits, and can also be a fun way to bond with baby.

## Healthy Pregnancy

### **Baby's Almost Here: Enjoying the Final Weeks of Pregnancy**

This program reminds viewers how babies are more ready to face the world when they're born at or close to full-term (40 weeks), as it discusses the optimal health of full-term babies (though babies born at 37 weeks may look mature, they are not fully developed). It also encourages women to maintain a healthy lifestyle during pregnancy and to take time for themselves in the final weeks. It underscores how good preparation makes bringing baby home easier and inspires new mothers to savor every second with their newborn, watching as the newborn adjusts to the world.

## Immunizations

### **Immunizations: The Facts (Part 1)**

This program discusses why immunizations are important, how they work and provides an overview of the vaccination schedule for newborns.

### **Immunizations: The Facts (Part 2)**

Part 2 of "Immunizations: The Facts" discusses the safety of vaccines, how effective they are and why older family members need to keep records of their immunizations as well.

## Infant and Mom Sleeping

### **SIDS and Safe Sleep (Part 1)**

Sudden Infant Death Syndrome is a confusing and mysterious disease. Our program "SIDS and Safe Sleep" explains the basics about this syndrome. It also features practical tips for new parents on how to make sure their new baby sleeps as safely as possible.

### **SIDS and Safe Sleep (Part 2)**

In Part 2 of "SIDS and Safe Sleep" learn more about Sudden Infant Death Syndrome.

### **Swaddling Your Baby**

Swaddling, or snugly wrapping your baby in a blanket, is a great way to comfort a newborn. But it should be done a certain way to keep your baby safe and healthy. Learn how to properly swaddle your baby, what precautions to take, and other tips from experts.

### **Sweet Dreams**

This program helps resolve sleep issues with baby so that everyone can get a good night's sleep.

### **Top 10 Things to Get Baby Off to Sleep**

This program discusses the top ten ways to help your baby get to sleep. The topics covered include recognizing baby's sleep signs, having a consistent bedtime routine, making sure the crib is safe and the importance of Mom getting sleep herself.

## Infant Hearing

### **What Baby Hears**

This program details the importance of newborn hearing testing and how screening tests are administered. Information on why the screening is necessary to promote optimal child development is provided along with an explanation of the screening procedure complete with visual equipment display. Parents are reassured that no harm or pain is experienced by the baby.

## Postpartum Care

### **Down-There Care: Recovery from Delivery (Part 1)**

Part 1 teaches Mom how to care for herself after vaginal birth. Topics addressed include episiotomy, hemorrhoids, lochia, Sitz Baths, etc. Part 1 concentrates on what to expect and how Mom can take care of herself.

### **Down-There Care: Recovery from Delivery (Part 2)**

Part 2 features things to watch for once Mom goes home. The importance of a post-delivery exam and the role healthy eating and exercise play in recovery.

### **New Mom: What to Expect During Your Hospital Stay**

Understand what to expect during your hospital stay after birth including your health, bonding with your baby and using fall prevention and other safety strategies.

## **Postpartum Care (continued)**

### **Postpartum Care: Changes in Your Body After Delivery**

Watch this video to learn how your uterus recovers after delivery, why you will have night sweats, and how your breasts prepare to feed your newborn.

### **Postpartum Care: Emotions**

Watch this clip to understand how hormone changes often cause sadness and post-partum depression in new moms, and how friends and family members can support her.

### **Postpartum Care: Your Follow-up Appointment**

Watch this video to learn what your provider will check and discuss with you during your first healthcare visit, which should occur about six weeks after delivery.

### **Postpartum Care: Your Physical Recovery**

Learn strategies to help manage the physical discomforts experienced during the first few days following delivery.

### **Postpartum Depression: You're Not Alone (Part 1)**

Are those emotional ups and downs the baby blues or something more serious? This program discusses the emotional responses during the postpartum period and changes in hormone levels. Part 1 explains what Postpartum Depression really is and how to recognize it.

### **Postpartum Depression: You're Not Alone (Part 2)**

In part 2 we share the emotional experiences of new Moms. The program also explains danger signs, the importance of support groups and ways to get help if needed.

### **Postpartum Nutrition**

Understand the importance of making healthy food choices and learn some tips for choosing foods as you heal and recover from childbirth while caring for your newborn.

### **Recovery from Cesarean Birth (Part 1)**

With cesarean birth on the rise, this program provides women with information about their recovery. Part 1 explains how to manage pain from major abdominal surgery and breastfeeding modifications for Mom.

### **Recovery from Cesarean Birth (Part 2)**

Part 2 of the "Recovery from Cesarean Birth" program explains how to handle your changing emotions, how to improve healing and tips for recovering at home.

## **Premature Birth**

### **Special Care for Your Preemie**

Babies that arrive early need extra special care. This program discusses what parents of preemies can expect from the Neonatal Intensive Care Unit, or NICU, bonding with your special needs baby and tips on bringing your preemie home.

## **Premature Birth (continued)**

### **When Baby Arrives Early**

This program helps new moms cope with the uncertainty that can come with having a preemie. "When Baby Arrives Early" shows how to care for a premature infant while in the hospital and during those first few days at home. Healthcare professionals and Moms openly discuss how they face the uncertainty.

## **Shaken Baby Syndrome**

### **A Life in Your Hands: Preventing Shaken Baby Syndrome (Part 1)**

Shaken Baby Syndrome (SBS), a form of abusive head trauma, is one of the most severe forms of child abuse caused by the violent shaking of an infant. In "A Life in Your Hands: Preventing Shaken Baby Syndrome", new parents will learn why it is never okay to shake a baby, ways to calm a crying baby, how caregivers can cope with frustrations, and tips on choosing a safe caregiver for your child. The educational video comes to the Newborn Channel courtesy of the Pennsylvania Shaken Baby Syndrome Prevention and Awareness Program. It features pediatric neurosurgeon Mark Dias, MD, FAAP, FAANS from the Penn State Hershey Medical Center/Children's Hospital who started the SBS programs in upstate New York and in Pennsylvania.

### **A Life in Your Hands: Preventing Shaken Baby Syndrome (Part 2)**

Part 2 of "A Life in Your Hands: Preventing Shaken Baby Syndrome" continues to inform new parents on why shaking a baby is never okay.

### **Portrait of Promise**

"Portrait of Promise" provides hope and reminds viewers that the key to preventing Shaken Baby Syndrome lies in our hands. It explains Shaken Baby Syndrome and its effect on the infant. Real life stories are shared. This program will help accommodate state teaching requirements.