



## **Fatherhood Is A Serious Business**

**24.02.002**

*The B Team*

Set of four A2 posters showing positive images of fathers with children. Each poster carries the same text and fathers from a variety of ethnic backgrounds are included.

## **Four Trimesters Of Childbearing**

**24.02.001**

A set of four laminated posters illustrating the four trimesters of childbearing, can be used as a teaching aid and/or a source of reference. Approx size 64 x 49cm.

## **Conception To Birth**

**24.03.001**

This folding display shows the various developmental stages - from zygote to embryo to foetus and finally to newborn - of an unborn child. It's the ideal education display for science, health and sex-education classes. Duplicate copy of this inminitext format is available on request, includes ten True/False test questions.



## **The Bump: Pregnancy Experience**

**24.07.001**

The Bump is designed to give the wearer a better understanding of the weight gain experienced during pregnancy. This weight is made up of baby, placenta, enlarged breasts, extra fat supplies needed for making breast milk, uterine muscle, extra blood, extra fluid and amniotic fluid. The Bump weighs 12 to 12.5 kilos (26.5 to 27.5 lbs) which is the weight of a healthy average sized mum-to-be who eats normally in pregnancy. But some mums can gain from very little to double the average weight and still have a normal pregnancy and give birth to a healthy baby. So much depends on what you weighed before your pregnancy, how active you are and what type of metabolism you have. The Bump fits into a customised wheeled denim case for easy transport. The Bump looks great on, but if wearers feel a little self-conscious, there is a maternity t-shirt included that covers all bits and bums!

## **Nine Month Miracle**

**24.09.001**

A multimedia program, Nine Month Miracle brings together text, illustrations, animations, videos, narrations, music & sound effects. As you navigate Nine Month Miracle, you choose information freely, controlling the content you want to experience. The program provides a month-by-month tour of human development from conception through birth. Includes a comprehensive Teacher's Guide, a sourcebook of ideas on integrating this interactive software.



**In The Womb**

**24.10.001**

The 'must have' DVD for every expectant mother. Experience the wonders of life before birth, stage by stage, with amazing new film. Made for the National Geographic Channel and Channel 4, using cutting edge technology and revolutionary 3D and 4D ultrasound imagery, this DVD sheds new light on the miracle of life. This DVD takes you, the viewer, into the hidden world of the foetus and explores each trimester in remarkable detail to capture your imagination - from the union of sperm and egg right through pregnancy to birth. This award winning film is both informative and moving.

## **A Child Is Born**

**24.11.001**

This video is Swedish with English narration. It shows fertilization and development of the foetus and the birth of a baby.

## **A Glimpse At Childbirth**

**24.11.019**

Childbirth is a unique experience and this video is designed to stimulate discussion and is ideally suited for use in antenatal education. A compilation of some women's experiences of child birth. It covers the admission to hospital, labour, delivery and finally transfer to the postnatal area.

## **Baby Matters: Becoming Parents**

**24.11.016**

This video follows through from breastfeeding to weaning and looks at other ways your baby develops from a helpless little baby to a cheeky toddler. There are also invaluable and refreshing insights from writer and broadcaster Penelope Leach.

## **Baby Matters: Care Of The Newborn**

**24.11.015**

This video takes you in detail through what might happen in labour and those first hours after the birth. It goes on to answer some of the main questions new parents have in the first few weeks with the new member of the family. Deals with breastfeeding, crying, sleeping, what to do if your baby is ill, and practical baby care.

## **Baby Matters: Preparing For Birth**

**24.11.014**

This video shows how a baby grows in the womb; it takes you through exercises which will help during pregnancy & labour and offers coping skills; it talks about diet; it takes you through all the options for your care; discussed the various tests you may be offered and the options for pain relief. Finally it follows through labour to the actual birth.

## **Becoming A Family**

**24.11.006**

*Penelope Leach*

This video is all about babies - having them, caring for them and watching them grow and develop. It is not only a comprehensive and practical guide to baby care but also shows what it is like to become a family and how people cope with the new relationships and feeling that a new baby brings. Contains information on pregnancy, feeding, development, sleep, teething, cleanliness, safety and a host of other topics. (Accompanying keycards available on request).

## **Birth**

**24.11.021**

This award-winning video follows eight women giving birth in a variety of circumstances: Natural birth-at home and in hospital; Caesarean; Twin; Water birth. No attempt is made to promote one method of childbirth in favour of another and all births are seen as a triumph. The film gives first hand experience of this intimate & exciting moment in life, with commentaries by mothers, partners, midwives & obstetricians accompanying their stories. Contains explicit footage.

### **Breastfeeding: A Guide To Successful Positioning** 24.11.024

Breastfeeding is a learned skill, like driving a car or riding a bike, and mothers need to be shown how to do it for themselves from the very first feed, as soon after delivery as possible. Teaching how to breastfeed in a consistent way, will help to overcome problems of conflicting advice. The following technique is based on a physiological approach to breastfeeding and has evolved through clinical experience. It shows the most efficient way for a baby to feed, and by teaching the basic principles of good positioning, most problems can be prevented. Also on DVD.

### **Breastfeeding: Coping With The First Week** 24.11.022

This video takes us through the first week (and beyond), and features mothers who are dealing with the emotional and practical aspects of breastfeeding. With the help of midwives, we discover that breastfeeding is not instinctive but something that improves with practice. The programme carefully outlines the main points that will help women to breastfeed well and to get off to a good start in the first week. Midwives Chloe Fisher and Sally Ink rank high amongst the world's leading specialists in 'Infant feeding'. Also on DVD.

### **Breastfeeding: Dealing With The Problems** 24.11.026

The consequences of poor attachment range from sore and damaged nipples, to engorgement mastitis, deep breast pain and an over (or under) supply of milk - in mother. In the baby the presenting symptoms may be poor growth, frequent, prolonged and unsatisfying feeds as well as gastro-intestinal disturbance often labelled "colic". The solution is to help the mother improve her breastfeeding technique, adapting the way in which the help is given to the individual requirements of each mother-baby pair - and to provide her with an explanation of the underlying principles of successful breastfeeding. Also on DVD.

### **Breastfeeding: Just Do It** 24.11.018

This video takes a refreshingly broad look at the reality of breastfeeding, through the words of mothers, midwives, health visitors and local people from a variety of backgrounds. The facts about breastfeeding are communicated simply and quickly. An excellent tool for getting people of all ages, but particularly young people, to examine their attitudes towards breastfeeding, also useful for encouraging discussion amongst expectant mothers. Also available on DVD

### **Dads** 24.11.020

A unique video reminding all health professionals that dads are important too! The personal stories of ten very different men will help all prospective fathers to understand and cope with the changes that parenthood will inevitably bring to their lives. Topics covered include: pregnancy & preparation; choices on involvement in the birth; bonding with baby; relationships with partners; changing priorities; ongoing fatherhood.

### Everyday Miracle: Birth

24.11.004

Narrated by David Attenborough, this award-winning documentary follows the development of a baby from the earliest days in the womb to birth. It is acknowledged as the finest and most comprehensive records of a foetus' first few months in the womb. Advanced techniques in microphotography are used for special sequences showing the ovaries, fallopian tubes and womb. The final Stages of birth are sensitively shown, completing the everyday miracle that began 9 months before. Also on DVD.

### First Days Of Life

24.11.009

This video is French with English narration. It aims to teach about human reproduction, with special reference to the importance of events and care immediately following conception to an individual's future mental and physical development (This video ends with a 'natural' birth).

### Home Birth: Your Choice

24.11.030

A unique, informative video made by independent midwives and mothers at a community project in South East London. A wide range of interviews includes a Vietnamese mother with no English, an experienced mother of 7, a lesbian mother and the 'star' - Isaac - who was thrilled to cut his baby sister's umbilical cord! An amateur video made by health professionals but full of enthusiasm and rich material. Provides excellent support for parents who want to make an informed choice. Issues discussed include:~ Reasons for choosing a home birth~ Safety~ Satisfaction~ Siblings at birth~ Transfer to hospital~ Attitudes of doctors, midwives, family and friends~ The experience of giving birth at home This video will inform and interest anyone who has ever thought about issues around childbirth as well as those with a professional interest. Contains a full set of comprehensive notes, including a transcript.

### It's Twins: From Pregnancy To Birth

24.11.005

This video highlights the differences between pregnancy, birth and early care of twins and 'singleton' (one baby) births. By interviewing mothers who are expecting, or who have recently had twins, we hear at first hand of the particular features of a twin pregnancy and birth. Also where to get help from within the NHS and Voluntary Groups.

### Post-natal Depression

24.11.011

This video sets out to help parents to be identify the symptoms of the illness and gives advice on where to get help and ways in which the risks of getting post-natal depression may be reduced. Three mothers describe how they felt when they had the illness and three experts give their advice.



### The Social Baby

24.11.003

Parenting is the most difficult task that most people undertake and yet it is also the one for which most receive little to no training. Every baby is a unique individual from the moment of birth, with its own likes and dislikes. Only by being finely tuned to a baby's unique communication can an adult fully understand the baby and its needs. 'The Social Baby' is a new and innovative video which is based on established research about the development of infant communication. The video provides a window into the rich and complex social world of babies and looks at individual responses to voice, smell and sensitivity to the environment. The video supports parents and carers to manage crying by helping babies to calm themselves and also provides strategies for feeding and developing a consistent sleeping pattern. The video is based on the book of the same name and uses footage filmed during the making of The Social Baby book.

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## Understanding Postnatal Depression

24.11.002

*Liz Wise*

An invaluable guide to anyone seeking information and help with postnatal depression. This video provides an informative insight into Postnatal Depression covering - signs, symptoms and, most importantly, the way to full recovery. It is aimed at those who are experiencing Postnatal Depression first hand, Health Professionals and others offering them support in overcoming this condition. Approved by the Association for Postnatal Illness.

## Well Mother Exercise & Massage: Exercise In Pregnancy

24.11.028

It has gradually become accepted that exercise in pregnancy is a good thing - but there is often confusion over what is good. This video clearly presents exercise which is safe and promotes well-being, relieving many of the aches and pains of pregnancy. It also shows how all types of women, even those who are quite unfit, can benefit from exercise and relaxation. Also on DVD.

## What You Really Need To Know About.....feeding Your Baby

24.11.017

This video is introduced by John Cleese and presented by Dr Robert Buckman and Dr Miriam Stoppard. Aims to help you understand the options available to you, allowing you to make appropriate decisions for you and your baby. Explains about breast feeding and bottle feeding, includes demonstrations. Includes a section on weaning your baby onto solid foods - the three phases and what supplements are required.

## Awareness, Attitudes & Behaviour Towards Folic Acid

24.13.010

This book provides a useful insight into the need for a folic acid campaign and the development of some of its key messages whilst providing a benchmark against which its effectiveness can be measured in the future.

## Babies: Understanding Conception, Birth & The First Year

24.13.002

*Robyn Gee*

This book traces the growth and development of a baby from conception to birth and during the first years of life. The effects of pregnancy on the mother's body are also described in full and there is a lot of useful practical information on how to help look after a baby.

## Beginning Life

24.13.012

*Geraldine Lux Flanagan*

This book explains about the remarkable journey which all of us make from conception to birth. Combining stunning photographs and sensitive description, the author provides us with a unique window into the womb. Understand the very earliest stages of a baby's development. Discover the intriguing responses of the unborn baby to light, taste, touch and sound.

## Changing Preconceptions: Volume 2

24.13.014

The HEA folic acid campaign 1995-1998: Research Report. The report gives details of the strategic, developmental and tracking research which shaped and monitored the progress of the campaign. It will be of interest to those developing a similar public education initiative and anyone targeting women planning pregnancy.



## Everyone Assumed It Was An Accident

24.13.007

*Suzanne Cater, Lester Coleman*

The UK has the highest rate of teenage pregnancy in western Europe, but there isn't much information available about 'planned' teenage pregnancy. This is why the authors researched the reasons why some teenagers chose to plan their pregnancy. The guide mainly relates to young women, but there is some information about young dads. It aims to promote awareness, understanding and insight into the reasons behind teenage 'planned' pregnancy. Those who work with young parents, parents-to-be and those most likely to become parents will find the Guide of value.

## Fathers

24.13.018

*Adrienne Burgess*

This booklet was produced to support Carlton Parenting Week 1997 and contains food for thought and practical advice to help fathers, partners and children make positive choices about family relationships; plus a comprehensive directory of useful organisations courses and publications. Some of the ideas put forward in this booklet may be controversial and may provoke debate.

## Improving Infant Health

24.13.005

*J Garcia, M France-Dawson, A Macfarlane*

This book evaluates research into health promotion interventions aimed at reducing stillbirth, infant mortality, ill health and disability in childhood. It presents evidence to demonstrate which health promotion interventions improve health outcomes for babies. This review aims to provide information on the most effective forms of intervention.



### Maternity Matters

24.13.011

Maternity Matters: choice, access and continuity of care in a safe service is published today for commissioners, service providers and other organisations involved in the provision of maternity services. It builds on the maternity services commitment outlined in Our Health, Our Care, Our Say and is an important step towards meeting the maternity standard set out in the Children's NSF. Maternity Matters highlights the Government commitment to developing a high quality, safe and accessible maternity service through the introduction of a new national choice guarantee for women. This will ensure that by the end of 2009, all women will have choice around the type of care that they receive, together with improved access to services and continuity of midwifery care and support.

### Postnatal Depression

24.13.004

*Dr Paula Nicholson*

Having a baby is usually a reason for happiness and celebration. Depression after childbirth causes emotional pain and suffering that lives side by side with the joy. That is the underlying paradox and it is the paradox that frequently leads to a sense of bewilderment and guilt. Through the stories of 24 women trying to negotiate their lives as mothers, Paula Nicholson helps women understand more about the realities of motherhood. Ninety percent of new mothers find themselves in tears and feeling 'down' soon after giving birth and one in ten will become depressed during the first year. Postnatal Depression: Facing the Paradox of Loss, Happiness and Motherhood shows how better self-knowledge and a greater understanding of PND can help lift the burden and restore self-esteem and harmony to mothers and their families.

### Pregnancy And Parenthood

24.13.015

*Judith Corlyon & Christine McGuire*

This book explores the experiences of young women who become pregnant or parents while in, or soon after leaving, public care. It presents the findings of a three-year study funded by the Department of Health and examines the extent to which they were prepared for parenthood and supported once they become mothers.

### Pregnancy Book

24.13.001

This book is a complete guide to a healthy pregnancy, labour and giving birth and life with a new baby.

### Promoting The Health Of Teenage And Lone Mothers

24.13.017

The UK has the highest fertility rate among teenagers in Europe. This report investigates the health promotion needs of teenage and single mothers, assesses the need for preventative measures, examines existing interventions and their effectiveness and identifies possible future ones.



### Supporting Young Fathers

24.13.008

*Nigel Sherriff*

This book will be of interest to anyone working with young parents - fathers AND mothers. 'Supporting Young Fathers' offers an excellent opportunity to see how young fathers projects, and other agencies delivering services for young fathers, have approached their work with young men. Attention is made to the practical details that directly interest practitioners. It conveys the voices of those working with young fathers, and explores how practitioners can most effectively be helped on the often complex issues they face.

## Surrogacy And Ivf

24.13.016

*Editor: Craig Donnellan*

Information gathered from a wide variety of sources to stimulate debate. Looks at the ethical and medical issues relating to surrogacy and in-vitro fertilisation. Offers a useful starting point for those who need convenient access to information about the many issues involved. Includes a list of organisations you may want to contact for further information. (Includes Study Guide).

## Talking About Miscarriage

24.13.003

*Sarah Murphy*

This book aims to help the thousands of people every year who suffer a miscarriage to understand what has happened, and to begin to come to terms with their loss.



## Tommy's Guide To Being Pregnant

24.13.006

*Sarah Levene & Penny Tassoni*

This book is a guide to being pregnant and will help you get ready giving you all you need to know about what's happening to your body and your new baby. Packed with easy-to-read articles about physical changes, descriptions about who is there to help you and how, and real life stories about others' pregnancies, this guide will answer all your questions and more. Aims to show you the best ways to have a healthy, happy nine months, giving your baby the best possible chance to be born healthy and strong.

## Tommy's Guide To Pre-pregnancy Care

24.13.019

*Penny Tassoni*

This guide has been designed to be informative for all parents-to-be helping them to get themselves in the best shape possible before trying for a baby. It is packed with different features - quizzes to answer, charts to complete, the opportunity to read about other people's experiences.

## **Group Sessions For Pregnancy**

**24.15.002**

The main aim of the toolkit is to provide you, the healthcare professional, with some quick and easy-to-use training tools for use with groups. The materials are kept as simple as possible and you can, of course, add your own ideas to them. The OHP's and handouts are provided on disc to aid this. It has been assumed that you will be working with a group of pregnant women and their partners/family members over a period of time. You have four main areas to cover: smoking, healthy eating, relaxation and self esteem. Each section should last about one to one and a half hours.

## **The First Six Weeks**

**24.15.001**

This simple to use interactive educational pack aims to promote positive parenting to new parents? Designed to be played as a game, the structure helps to give a high level of involvement and ensures active participation by everyone. Non-promotional and designed for educational purposes only. Other features include simple and bold visual aids made of sturdy materials, interactive prompts and tips for breaking the ice to encourage nervous new parents to talk openly about their worries and concerns. Subjects covered include; Coping with emotions; Feeding; Becoming a dad; Realistic expectations; Day to day care; Looking after yourself; Giving birth; Coping with pain and Managing a baby's crying.



### **Harmful Effects Of Alcohol & Drugs On The Fetus & Infa**

**24.16.003**

This laminated poster shows how drugs travel from the mother to foetus and infant. Explains about the harmful effects of alcohol; smoking; marijuana and cocaine, can be used as a teaching aid and/or a source of reference. Approximate size 60 x 90cm.



### **Pregnancy & Birth**

**24.16.001**

This laminated poster illustrates various stages of pregnancy and birth and can be used as a teaching aid and/or a source of reference. Approximate size 66 x 51cm.

