

# Maternal & Child Health Education



VIDEOS FOR HEALTHY MOTHERS AND HEALTHY BABIES



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# Maternal Health

## The Childbirth Series

Just what you've been looking for! Three great educational videos that treat the expectant mother with respect, and recognizes her need for information on prenatal health, childbirth, and postnatal care. From nutritional information, to the development of the fetus, from physical and emotional changes, to breastfeeding, these videos blend accurate, up-to-date topics into an excellent visual roadmap. Whether giving birth for the first time or the fifth, these titles are a must-see for all expectant mothers and their partners in the public health and managed care settings.

### A Healthy Pregnancy

While following a variety of women through their pregnancies, this video explains the emotional and physical effects to be expected. Future mothers are advised on the importance of regular prenatal care and the development of the fetus is explained. Healthy lifestyle choices, such as cutting out alcohol and tobacco use, and making wise nutritional selections are suggested. 13 min. #8050 \$295 *Also available in Spanish*



### Giving Birth To Your Baby

This program will show the viewer how beautiful a delivery can be, as they witness the live birth of a child. This tape tries to eliminate the uncertainty associated with childbirth by showing various women at different stages of labor and finally, the delivery. Making a birth plan and calling the health care provider are discussed. The mystery is taken out of such common procedures as episiotomies and epidurals, and the mother's choice through education is emphasized. 13 min. #8051 \$295 *Also available in Spanish*

### Coming Home

This program explains the importance of postnatal care and how a mother can effectively care for herself after giving birth. The physical changes a woman will experience are outlined, as well as proper breastfeeding, post-partum blues, and good nutritional advice. This program offers valuable information to keep up a mother's strength, both emotionally and physically, when the baby is finally home! 13 min. #8052 \$295 *Also available in Spanish*

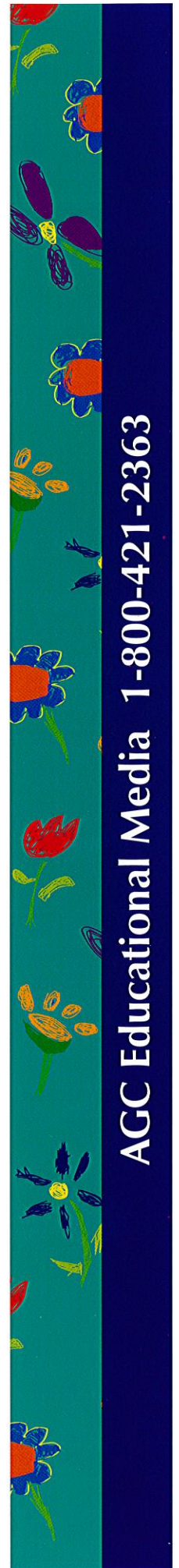
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## The Case for Breastfeeding

Dispels the myths and presents the positive side to breastfeeding. Viewers will learn about milk production and its benefits for the baby, and a recommended diet to follow is outlined. It is suggested that if new mothers have any questions about breastfeeding, they should contact their healthcare professional, who may refer them to a support network. 13 min. #7500 \$295 *Also available in Spanish*

## The Joy of Breastfeeding

Shows expectant mothers how important it is to give their newborns a healthy start in life. Preparing for breastfeeding, how to breastfeed successfully, knowing when milk has come in, different positions for breastfeeding—these and other important topics make this program a useful presentation for all mothers-to-be. 12 min. #7921 \$295 *Also available in Spanish*





# Maternal Health

## Stop A.S.A.P. — Avoiding Substance Abuse During Pregnancy

Educates women on the importance of abstaining from drugs, alcohol, cigarettes and excessive caffeine during pregnancy. Positive lifestyle choices for the mother-to-be are suggested, and an interview with a young woman shows how she and her young son have suffered the consequences of her substance abuse.

12 min. #7964 \$295 *Also available in Spanish*

## Nutrition During Pregnancy: Healthy Me, Healthy Baby

Covers all the basics of nutrition and good health according to WIC guidelines. The importance of breastfeeding is stressed, along with the special nutritional considerations that breastfeeding mothers need to follow.

11 min. #7807 \$295 *Also available in Spanish*

## Pregnancy, Alcohol and Tobacco Don't Mix

In this program, alcohol, tobacco and caffeine are treated as chemicals that should be avoided during pregnancy. How Fetal Alcohol Syndrome and Effects occur is explained and tips for becoming smoke-free are provided. Many common concerns are addressed as well, including working while pregnant and weight gain. 20 min. #7516 \$295

## Health During Pregnancy: Lily Looks Back

Stresses the importance of prenatal care, including prenatal medical visits, proper nutrition, and the benefits of exercise. How to interpret the new USDA Food Pyramid for prenatal needs is presented, along with some fast and economical menu suggestions. 12 min. #7527 \$295 *Also available in Spanish*

## Gestational Diabetes: Common Sense Guide For Expectant Moms

Knowing what to expect and how to care for yourself can lessen fears when you have gestational diabetes. The program emphasizes a team approach with a health care professional to control diabetes through blood glucose monitoring, meal planning, exercise and insulin injections, if required.

13 min. #7843 \$295 *Also available in Spanish*

## Nutrition After Childbirth: Setting a Standard for Life

This program will help young mothers understand how to continue the good health habits they learned during pregnancy. Achieving and maintaining proper nutrition is presented in easy-to-understand language that is visually reinforced in an animated sequence introducing the food pyramid. 12 min. #7808 \$295  
*Also Available in Spanish*



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# Child Health

## Childhood Obesity: Lily Faces a Problem

This installment of our popular “Lily” series finds six-year-old Janelle putting on some extra weight. By concentrating on improving nutrition rather than counting calories, Lily comes up with new ideas for satisfying meals and snacks, and stresses the importance of physical activity. She also cautions that concern over children’s weight should never diminish their sense of being loved and appreciated by their parents. The video’s upbeat ending affirms Lily’s respect for her daughter’s individuality—regardless of the scale.

13 min. #9012 \$295 *Also available in Spanish*

## Childhood Immunization: Kate Comes Back

This program focuses on the importance of childhood immunizations as part of a child’s continuing health. Kate is a young mother trying to make a fresh start. In order to get her life back on the right track, she must learn to take responsibility for her baby’s health, as well as her own. Through Kate’s actions, viewers learn about the types of immunizations required for children, how often they are needed, and some of the common misconceptions about immunizations. Helpful tips are also offered to help remember a child’s immunization schedule.

10 min. #8096 \$295 *Also available in Spanish*



## Digger and Splat: What We Eat

Digger and Splat are puppets that children are sure to enjoy! The worker bees in Digger’s garden are building a giant pyramid out of food! In this program, children learn about the basic food groups that we need every day. Viewers join Lula and Didi on a magic toy box ride around the world, making friends and trying different kinds of food. 15 min. #4990 \$295

## Immunizations: What Lily Learned

Viewers follow a mother and child through the immunization process. The necessity of shots when the child is 2, 4, and 6-months-old is stressed, as well as the importance of keeping the immunization record up-to-date. Various immunizations the child will receive and the diseases they prevent are covered, including the DTP shot, HIB, MMR, polio vaccine, and Hepatitis B vaccine. 15 min. #7501 \$295 *Also available in Spanish*

## The Do’s and Don’ts of Poison Prevention

This program gives viewers specific tactics for “poison proofing” the home and yard. Viewers learn that everyday household products, certain plants, and over-the-counter and prescription medications can be very dangerous for children, and that simple steps can be taken to guard against accidental poisoning.

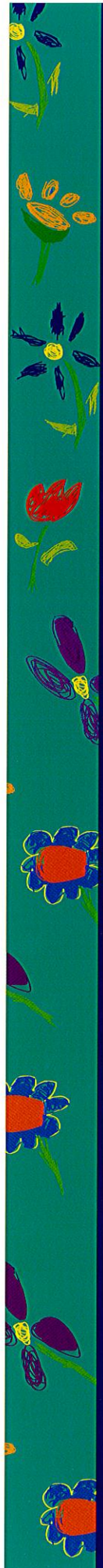
8 min. #8056 \$295

## UV & Me

This upbeat program defines what U.V. rays are and how they can damage the skin. The importance of protecting oneself from the sun is stressed. Helpful tips include wearing sunglasses, hats and loose clothing, as well as applying suntan lotion with an S.P.F. 12 min. #7977 \$295

## Cover Up

Through three original, high-energy songs, children are taught about the need to protect their skin and eyes from harmful exposure to the sun. This program teaches children the right types of sunglasses and clothing to wear to protect themselves; the right level of S.P.F. sunscreen to protect the skin; and where and when they need to apply sunscreen. 12 min. #7992 \$295



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## Child Health

### Smart Snacking for Children

This video will give parents a basic understanding of the right types of snacks to offer their children. Viewers will learn to look at snacks as mini-meals that provide important nutrients. The importance of planning ahead, sticking to a schedule, and having children help in the meal planning is stressed.

11 min. #7920 \$295 *Also available in Spanish*

### Feeding a Toddler: Lily Gets Her Money's Worth

This program presents a wide variety of food options for even those on the strictest budgets, while maintaining a high level of nutrition. Food preparation, smart grocery shopping, meal planning, preventing tooth decay, and getting toddlers to use eating utensils are just some of the topics covered in this comprehensive program. 15 min. #7421 \$295 *Also available in Spanish*

### First Foods: Lily Feeds Her Baby

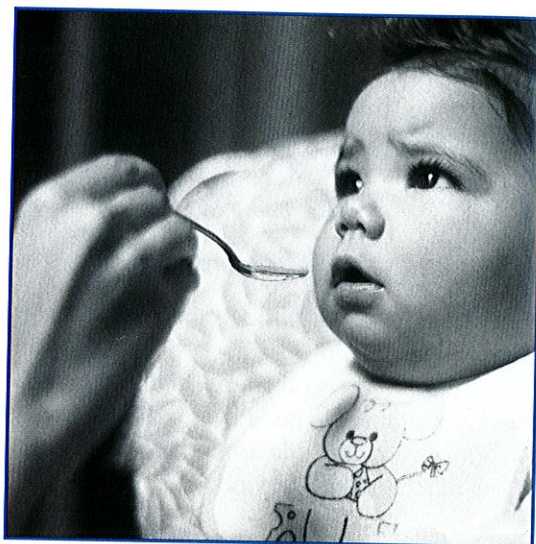
Narrated by a young mother, this program explains the dietary needs of infants and how these needs change drastically within a baby's first year. Introducing babies to new foods, watching for allergic reactions, food preparation, and dealing with a baby's emotional reactions towards eating are all discussed in this comprehensive program.

14 min. #7420 \$295 *Also available in Spanish*

### Lily Feeds Her Growing Family

Viewers see how Lily feeds both her family and her brother's family on a busy schedule and a tight budget. How to prepare meals that use the USDA Food Pyramid as a guideline is explained, as well as specific suggestions for meeting the nutritional requirements of both adults and children.

13 min. #7817 \$295 *Also available in Spanish*



### Lead Poisoning: What Everyone Needs to Know

Various places where lead can be found are shown, and the symptoms of lead poisoning in children are listed. Viewers learn why children are so susceptible to lead poisoning, and meet a factory worker who got lead poisoning from his job and is now facing kidney failure. Suggestions for "getting the lead out" of your environment are offered. 15 min. #7823 \$295 *Also available in Spanish*

### Anemia: The Silent Shadow

This video is for those who suspect they may have, or have been diagnosed with iron deficiency anemia. Iron deficiency is defined for the viewer in easy-to-understand terms, and symptoms to look for are presented. The program clearly shows those at risk of being iron deficient, and provides specific nutritional guidelines to follow for infants, mothers, teenagers and pregnant women. 12 min. #7995 \$295 *Also available in Spanish*

### Toddler Safety: Lily Thinks Ahead

This program joins Lily, a young mother, as she learns about the various household hazards that toddlers can get into. Safety in the car is reviewed, as well as the dangers that water can pose. Finally, the basics of accident prevention are covered, including keeping sharp objects, matches, poisons, and prescription medications out of reach. 13 min. #7512 \$295 *Also available in Spanish*



# Child Health

## Eating for Less: Lily Gets Her Money's Worth

Lily decides to return to the basics of shopping and food preparation to make ends meet. This informative program follows Lily to the grocery store where she makes wise choices that provide her with the highest nutrition value for her grocery dollar. Back at home, Lily prepares a weeks' worth of meals, and offers helpful tips. Viewers will learn excellent money-saving tips from this video! 13 min. #8157 \$295 *Also available in Spanish*

## Fruits and Vegetables: Lily Bets on Five a Day

Lily is faced with the challenge of providing her family with five servings of fruits and vegetables a day. As she visits the produce section, she focuses on choosing the best fruits and vegetables in season while offering important information to the viewer. This video addresses many of the most frequently given reasons for not buying fruits and vegetables and shows easy ways to prepare fruit that is over- and under-ripe. 12 min. #8158 \$295 *Also available in Spanish*

## Breakfast: Lily Changes a Habit

A young mother learns the role that breakfast plays in starting the day off right for her family. The important nutritional benefits of eating breakfast are explained, as well as the quality family time that eating breakfast together provides. Appropriate examples of what adults and children should eat are presented in relation to the USDA Food Pyramid. 11 min. #7815 \$295 *Also available in Spanish*

## THE DENTAL HEALTH SERIES

These video programs are designed to educate parents on the importance of dental care for the entire family. All aspects of dental care are covered, including proper brushing and flossing techniques, getting regular check-ups, and the importance of good eating habits.

### Brushing and Flossing

10 min. #7864 \$199 *Also available in Spanish*

### Nutrition and Dental Health

10 min. #7865 \$199 *Also available in Spanish*

### Care of Children's Teeth

10 min. #7863 \$199 *Also available in Spanish*



## Invisible Illness: Living with Sickle Cell Anemia

Designed especially for children and teens, this program explains the disease of sickle cell anemia through firsthand accounts and colorful graphics. The firsthand accounts reveal the most common symptom of the disease—the intense pain. This comprehensive program also shows how support from family and friends can emotionally and physically help those with this disease. 13 min. #7834 \$295

## New Baby Care—Your Baby and You

Provides information on practically all aspects of new baby care, as well as tips on how a recuperating mother can get adequate rest while managing the needs of her baby. Special attention is given to breastfeeding, including the foods a nursing mother should avoid. New parents as well as experienced parents will benefit from this up-to-date comprehensive program. 26 min. #7819 \$295 *Also available in Spanish*





# Parenting

## Parents...or Pushovers?

In this informative video, viewers meet two families in which the parents are having difficulty setting limits. Psychologist Dr. Sylvia Rimm points out that if parents don't learn to establish boundaries early, their children may grow up to be underachievers or worse yet, rebellious troublemakers. All parents will identify with — and learn from — the families in this video. 13 min. #8172 \$295

## Sibling Bickering: Tips for Breaking the Cycle

Through hidden video cameras, viewers are shown how the children behave and the parents' reaction to this behavior. Two professionals in the field of child behavior review the reasons why children fight, and offer tips on how parents can break the "bickering cycle." Helpful suggestions are also offered on how to limit bickering by encouraging parents to alter their own behaviors. All parents will benefit from this informative video! 15 min. #8098 \$295

## Brothers and Sisters, Love and Hate: Sibling Rivalry

Documenting the relationship between the Merkley children, this program reveals the complex interactions between siblings. Various issues are covered, such as what behavior patterns can be expected from the first child upon arrival of the second, and the challenges of living together that the children will face. 16 min. #9964 \$295 *Also available in Spanish*

## When They Never, Ever Listen

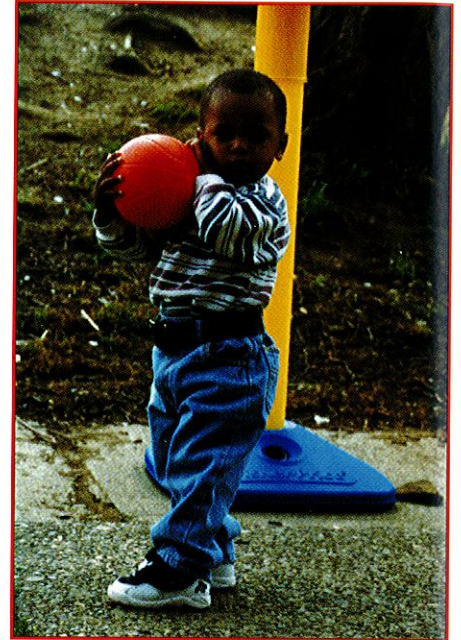
Presents five case studies on families that have to cope with a difficult child. Explains that having a difficult child is not a hopeless situation, and offers several methods on how to establish peace between parent and child. Presents helpful tips such as setting firm rules, avoiding power struggles, and handling the child in a calm and gentle manner. 17 min. #7484 \$295 *Also available in Spanish*

## A Good Night's Sleep

Under the guidance of a sleep disorder expert, two parents take the necessary steps to cure their toddler of a sleep disorder. Viewers will see the parents delaying the time it takes to respond to their child's crying, while reassuring him that they won't let him cry all night. Within a few days, the young boy's sleep disorder is cured. 16 min. #8021 \$295 *Also available in Spanish*

## Good Job! Moms at Work, Kids at Play

Includes interviews with children who tell what they think occurs when their moms go off to work, and with mothers, who tell what they really do. Designed to provide families with a fun vehicle to facilitate parent/child discussion. 15 min. #7979 \$295



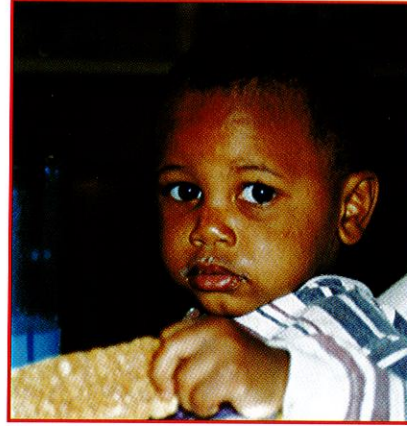




# Parenting

## THE GROWTH AND DEVELOPMENT SERIES

For many, parenting during the first two years of development is a puzzle. This video series identifies the pieces of this puzzle, and puts them together for the viewer. Translating what we know from the latest research, these three programs provide information on many aspects of a child's growth, while at the same time reassuring the parent that all children develop at different rates. This series is about more than just the physical growth of a child. Social and language development, fine and gross motor skills, nutrition, safety tips, immunizations—even discipline—are covered. Parents are provided with a better knowledge of what to expect at different stages of their child's life, and are encouraged to use their own common sense and instincts during the first two years. *Also available in Spanish*



### 0 - 6 Months: What's Normal?

The first six months of a baby's life are filled with important developments and these numerous changes can be better addressed when you know what to expect. Safety tips are demonstrated and the proper way to secure a baby in a car seat, stroller, and the crib is illustrated. Introduction of solid foods is explained and general time frames are given. 16 min. #8053 \$295 *Also available in Spanish*

### 6 - 12 Months: What's Normal?

While stressing that every baby develops at his or her own pace, this program outlines the significant changes that occur at eight, ten, and twelve months. As the baby gains independence and curiosity, small advances are highlighted and the 6-12 month period is characterized. 11 min. #8054 \$295 *Also available in Spanish*

### 12 - 24 Months: What's Normal?

For parents and child care workers the 12-24 month time can be one of surprising advancements, discipline dilemmas, and many other changes. Children are excited and want to explore their world through a rapidly expanding vocabulary, gestures, social play, and food preferences. 13 min. #8055 \$295 *Also available in Spanish*

## NEW additions to this series

### Age Two: What's Normal?

#8475 \$295 *Also available in Spanish*

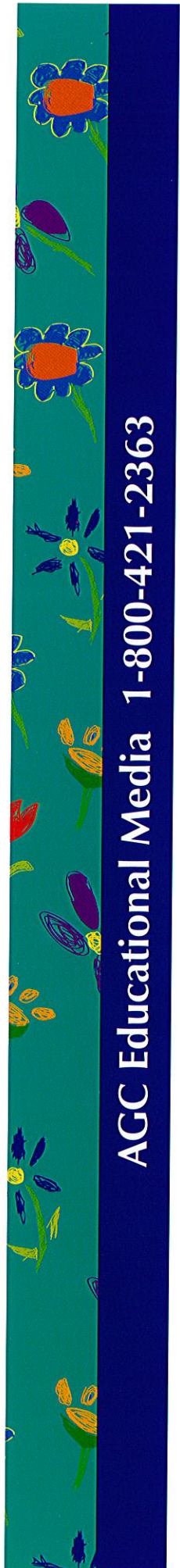
### Age Three: What's Normal?

#8476 \$295 *Also available in Spanish*

### Age Four: What's Normal?

#8477 \$295 *Also available in Spanish*

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# Parenting

## THE NEW PARENT SERIES

This 4-part series features four women and develops their relationship through a parenting class they are all taking. Each tape features one of the women at home with her family in real situations that moms can relate to: dealing with temper tantrums, picky eaters, sickness, and boredom. These women make mistakes, learn from them and from each other, and develop the confidence and techniques required to be a good parent.

### There Comes A Time

Signs of illness in a child can change as they grow. Symptoms to look for, when to call the healthcare provider and important questions to ask are covered. Tips on the appropriate time to toilet train are also offered. 12 min. #7972 \$295 *Also available in Spanish*

### Food for Thought

Offers suggestions on how to deal with picky eaters and how to keep the dinner hour as a quality time—even if a child is disruptive. Ideas for involving the entire family in meal preparation are also provided. 12 min. #7973 \$295 *Also available in Spanish*

### From No to Yes

Specific strategies are presented on how to: cope with a child becoming independent; teach children to learn to make choices and understand limits; calm a disruptive child, including using time outs; and use praise effectively. 12 min. #7975 \$295 *Also available in Spanish*

### Clap Your Hands

This program shows parents creative and fun things to do with their 3 to 6-year-old children. The importance of physical activity and its relation to gross motor skills is reviewed, and viewers are encouraged to read to their children. 12 min. #7974 \$295 *Also available in Spanish*



## The New Mother: Putting It All Together

Viewers learn what to expect in the first few weeks after their baby is born. New mothers see the importance of taking time for themselves, asking for help when it's needed, and the emotions they may experience after giving birth. 13 min. #7970 \$295 *Also available in Spanish*

### Smarter Than You Think

Examines how babies are actually smarter than most people think, and that it is critical for a child's development to treat a baby accordingly. The four stages of a baby's emotional development during their first year is shown, as well as how parents should care for their baby during this time. 19 min. #7485 \$295

### Ask Sofia Safe about Food Safety

Sofia Safe, a newspaper columnist gives viewers important safety tips on purchasing and handling food, the dangers of salmonella, e-coli, and other foodborne illnesses. The informative video also covers freshness dates, choosing and storing food properly, and avoiding cross-contamination. 12 min. #7993 \$295 *Also available in Spanish*

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# Parenting

## From the Beginning

Whether in the womb, or in the world a baby's brain needs stimuli to grow. Scientific research now shows that this stimuli can also affect how a child will learn in the future. The program explains this complex concept through easy-to-understand examples. The importance of talking descriptively to a baby and attentive child care is stressed. The informative video will help parents gain new insight into the development of the child's brain. 13 min. #8173 \$295

## Infant Crying: The First Six Months

This program was designed to increase understanding and enhance care of the crying infant. In an informative and encouraging style, the causes of crying are explored and strategies for soothing examined. Information from experts in the field and parents themselves lend credibility and authenticity to this entertaining program. 30 min. #9997 \$295



## The First Two Years: What Lily Learned

A young mother learns what she can expect from her daughter at various stages of development. This program documents the major responsibilities that a mother has during the first two years, including scheduling the child for regular check-ups, feeding and checking for signs of illness. 13 min. #7455 \$295 *Also available in Spanish*

## Years 3 - 5: What Lily Learned

Many topics are covered in this program, including how children learn from play, letting them set their own pace when eating, and how to set limits and stick to them. Viewers learn that listening to children, providing them with a sense of belonging, teaching them discipline and preparing them for school are all included as major responsibilities of being a good parent. 15 min. #7456 \$295 *Also available in Spanish*

## Discipline: What Lily Learned

This engaging program is narrated by Lily, a young mother, who realizes that she has been unknowingly rewarding her child for bad behavior, often due to her own lack of self-discipline. Viewers will see how rewarding good behavior and establishing "time-out" sessions when a child gets into trouble is a highly effective way to teach a child discipline. 13 min. #7816 \$295 *Also available in Spanish*

## The Terrific Twos

This program takes viewers into the home of a family encountering the trials of a two-year-old child for the first time. Viewers meet Cameron, who can be a darling little boy, or a monster. With the help of noted child experts, Cameron's parents learn how to handle difficult situations while helping Cameron "become a person." 15 min. #8019 \$295 *Also available in Spanish*

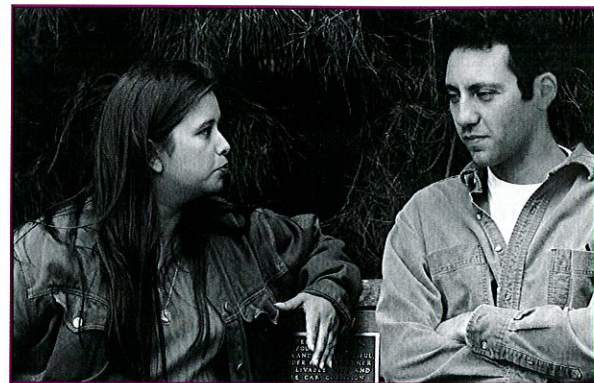
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# Women's Health

## Women and Domestic Violence

This program tells the story of one young woman, Olivia, and how she took action to protect herself and her son from domestic violence. Viewers will learn the characteristics of an abuser, and the steps that women should take to get themselves to a safe house. The basic legal actions that are available to protect women from an abuser are outlined, as well as the types of help. 16 min. #7860 \$295  
*Also Available in Spanish*



## Children and Domestic Violence

The program focuses on mothers who are abused and the effect it has on their children. Various forms of abuse are covered, and the warning signs of troubled behavior from the child of an abusive home are reviewed. 16 min. #7861 \$295  
*Also Available in Spanish*

## The Children are Watching

This program focuses on the devastating effects that domestic violence has on children. Viewers learn about the types of help available to children from abusive homes, and see how various families have tried to cope with the after-effects of domestic violence. 12 min. #7991 \$295  
*Also available in Spanish*

## AIDS and Women: The Greatest Gamble

Profiles five women who are living and coping with HIV. These women discuss how they were infected, their reactions to the diagnosis, and how they are dealing with their emotions. Interviews with the children of three of these women provide additional insight into how AIDS affects relationships with family and friends. 26 min. #7818 \$295

## Infertility

Shows a normal conception and then discusses cases when conception is not possible. The causes of infertility in both women and men are explored, and fertility procedures, including hormone therapy, surgery, and invitro fertilization, are demonstrated and explained. 14 min. #7896 \$295  
*Also available in Spanish*

## Menopause

Viewers will see how menopausal symptoms stem from both physiological and psychological causes. The benefits and risks of hormone replacement therapy are discussed. The importance of a healthy lifestyle, including proper nutrition, calcium intake, and regular exercise, both before and after menopause, is emphasized. 14 min. #7897 \$295  
*Also available in Spanish*

## Menstruation

The physiological and psychological changes which take place during menses are shown, and problems associated with menstruation, including amenorrhea, anorexia, and uterine dysfunction are examined. Premenstrual Syndrome (PMS) is introduced, and tampon use is demonstrated. 14 min. #7898 \$295  
*Also available in Spanish*

## Weight: Maintaining a Healthy Balance

In this informative video, viewers learn a variety of skills to help them control their weight. The importance of eating 5 servings of fruits or vegetables a day is covered, as well as making exercise a part of the daily routine. 12 min. #7994 \$295  
*Also available in Spanish*



# Women's Health

## Things My Mother Never Told Me

A delightfully unique animated program which breaks down the myths and dispels fears and misinformation about female bodies. In an open and positive manner, accurate information is presented about reproduction, contraception, and preventive health care. 15 min. #0189 \$295 *Also available in Spanish*

## Are You Positive? HIV Testing for Women

Explains the symptoms and effects of HIV, as they pertain to women. The effects of HIV on a pregnant woman and her unborn child is a focus of this program, as well as the prenatal treatment of HIV-positive mothers. Providing interviews with medical professionals, as well as sources for further reference, this program is a vital source of information on HIV. 10 min. #7415 \$295 *Also available in Spanish*

# Teen Pregnancy Prevention & Family Planning



## Birth Control: Your Responsibility, Your Choice—4th Edition

Offers a thorough discussion of the various methods of birth control currently available, while presenting abstinence as an option. Viewers learn about fertilization, how various birth control methods prevent pregnancy, and how to use a condom properly to stop the spread of sexually transmitted diseases. 18 min. #7971 \$295 *Also available in Spanish*

## Teen Mothers: Time to Get Real

Teen mothers show how their lives have changed as a result of their unplanned pregnancies. They share their stories of how they became pregnant, what reactions they received from family and friends, how their lives have been altered, and give useful advice on how to prevent an unplanned pregnancy. 15 min. #7976 \$295 *Also available in Spanish*

## Teenage Mothers: Looking Back...Moving Ahead

Profiles five teen parents who represent positive role models for teenage mothers. Stresses practical skills a new mother needs, such as goal setting and time management. This video shows the challenges of being a single parent and encourages single mothers to keep fighting for a better life for themselves and their baby. 30 min. #7951 \$295 *Also available in Spanish*

## Hope...Is Not A Method (4th Ed.)

Compares and contrasts various forms of birth control for the sexually active young adult. This program provides answers to many commonly asked questions about birth control. An important tool for providing young adults with complete up-to-date information on the prevention of unwanted pregnancies and sexually transmissible diseases. 21 min. #7513 \$295 *Also available in Spanish*

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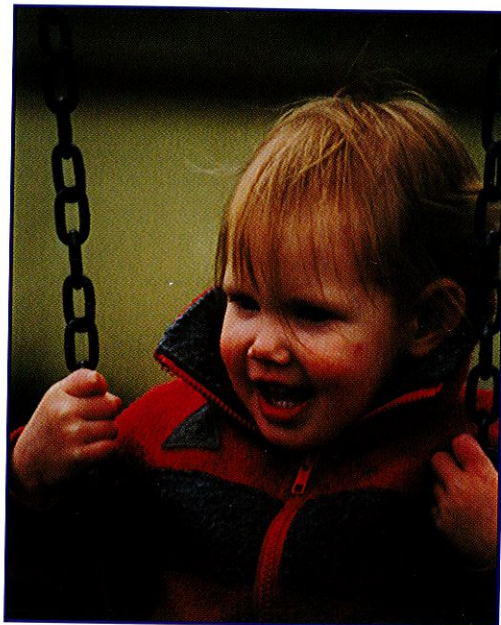




# Perinatal Addiction

## THE F.A.S. SERIES

Children whose mothers drank during pregnancy often pay an extremely high price: a lifetime of physical, mental, emotional, and behavioral effects. This series explains the cause of Fetal Alcohol Syndrome (F.A.S.) and Fetal Alcohol Effects (F.A.E.), how to care for the F.A.S./F.A.E. child and how to better meet the needs of children with F.A.S. or F.A.E. *Also available in Spanish*



### A Focus on Prevention

Through candid interviews with experts and parents of Fetal Alcohol Syndrome children, this program presents the facts and offers advice on the prevention of F.A.S. The importance of abstaining from any kind of alcohol when pregnant is stressed, and viewers learn that help is available for mothers struggling with alcoholism. 20 min. #8169 \$295 *Also available in Spanish*

### The Early Years

For a child with F.A.S. or F.A.E., early intervention is the key to helping them reach their full potential. Viewers learn the importance of developing a routine with the child, communicating feelings, playing with them and paying attention, as well as preparing the child for the school years. 20 min. #8167 \$295 *Also available in Spanish*

### The School Years

*The School Years* concentrates on the importance of meeting the needs of children with F.A.S./F.A.E. in the classroom, and at the schools and district levels. It is stressed that these students are not mentally retarded, and should not be viewed in that way. 20 min. #8168 \$295 *Also available in Spanish*

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## FETAL ALCOHOL SYNDROME SERIES

This 4-part series discusses the effects of alcohol on the fetus, the role that men play in encouraging a woman to drink, and primary and secondary prevention techniques for community, education and health professionals.

### Part 1: What is F.A.S.?

24 min. #0257 \$295

### Part 2: Preventing F.A.S.

21 min. #0258 \$295

### Part 3: Assessment and the Early Years

21 min. #7417 \$295

### Part 4: Adolescence and the Future

22 min. #7418 \$295

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# Titles recommended for WIC

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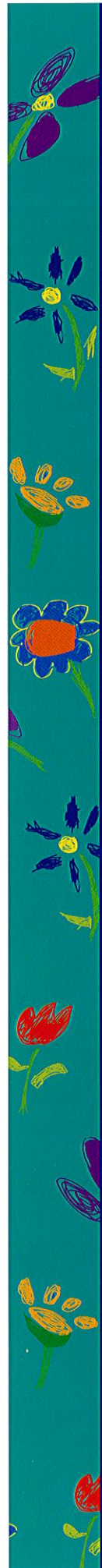
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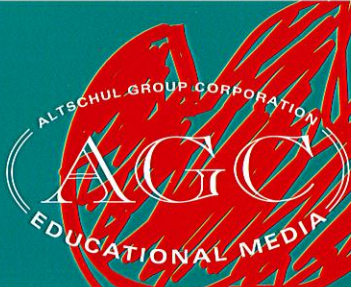
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