

Our Growing Family: A Story for Brothers & Sisters

Reviewed by Margery Simchak, RN, BSN

This short DVD includes not only several sweet and sincere comments from children who recently became big brothers and sisters, but also the loveable Pirate Stroganoff and his parrot named Carrot. Pirate Stroganoff, acting as narrator, introduces viewers to a blended family with two step-siblings, Tiarra and Ryan, who are welcoming a new baby into the family. The scene shows Tiarra and Ryan being told by their parents that there is going to be a new baby. They are shocked and happy, and then begin wondering how their lives are going to change with a new baby in the house. Naturally, they have a lot of questions.

The pirate explains in simple terms how a baby grows. The video shows a graphic of a fetus in utero at about three months gestation. The narrator explains that there is a heartbeat at this stage and that the baby may suck its thumb, hiccup or blow bubbles.

“Name that baby” is the next topic. Several children share their favorite boy and girl names, usually with a giggle. Another graphic is shown at a more advanced stage of pregnancy. Pirate Stroganoff points out that the baby can hear voices, and says that if big brother or sister is lucky, he or she can go to the doctor’s office and see a blurry picture of the baby called an ultrasound. “Ultra cool!,” the pirate says. Another pregnant mother is shown with big sister feeling the baby move, while another big sister listens to the

baby’s heartbeat in a clinic examination room.

The big day is shown in a not-too-graphic way. Aunt Sarah comes to stay with Tiarra and Ryan while mom and dad go to the hospital. She explains to Tiarra and Ryan that mom is not sick, but that it is normal to feel uncomfortable when having a baby. The DVD shows a birthing/delivery room with nurses and doctors helping mom and baby. No scenes show the mother in labor or with facial expressions of discomfort, so there is nothing too scary for children to watch.

In the next segments, several newborn babies are shown, representing different races. Pirate Stroganoff explains that the new baby’s footprints are made and several tests are done, and mother and baby will stay in the hospital for a couple of days or more. He explains the physical characteristics of the baby, with different babies shown to illustrate each characteristic. Examples of the newborn features he describes are white or red bumps or rashes, a “funny-shaped head” as a result of the birth process, and the cord stump, which Pirate Stroganoff explains will fall off in a few days. Pirate Stroganoff says that the “Baby Buccaneer” will mainly sleep, cry, and eat most of the time. He or she will eat only breast milk or milk made by scientists. Several babies are shown breastfeeding; one is seen taking a bottle from the father.

Pirate Stroganoff also reminds big

16 minutes	Available from:
DVD Color	Injoy
\$249.95	7107 La Vista Place
English only	Longmont, CO 80503

Activity books also available from:
www.injoyvideos.com
50 - \$150.00
100 - \$225.00

brothers and sisters that Mom needs more sleep after she has a baby, and she may feel a little sad. Friends and family will come to see the new little brother or sister. With permission from their parents, older siblings may hold the baby. A little boy talks about supporting the baby’s head and neck. He says that he loves being a big brother. Another little boy is seen making baby sounds with a two-month-old, and the baby repeats the sounds. At four months, the pirate says the baby starts to smile and laugh.

Throughout the entire DVD, kids frequently say how they love being a big brother or sister and what fun it is to have a baby in the house. They do admit to wondering if their parents will have enough time for them. Pirate Stroganoff suggests that siblings find ways to play by themselves. To close the video, a little boy says, “You’re a sibling your whole life. You get a friend who will be your friend forever.”

Injoy has done a great job creating a well-paced production with excellent and well-chosen content. I watched the

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Poetry Contest Winners

Sweet Sixteen

By Michelle Delp, RN, ICCE

Late. Positive.
There's a baby on the way.
Should I laugh or scream or cry?
Or maybe even pray?

Sick. Tired.
There's a baby on the way.
I haven't told a single soul.
What will people say?

Showing. Glowing.
There's a baby on the way.
My friends all keep their distance.
The daddy ran away.

Kicking. Growing.
There's a baby on the way.
Found someone to help me.
She keeps the fear at bay.

Homework. Doctors.
There's a baby on the way.
Working hard to graduate.
It will be okay.



Weeks. Days.
There's a baby on the way.
Room is full of tiny things.
There's a place for her to lay.

Pain. Coming.
There's a baby on the way.
Relax, breathe, the teacher said.
Crazy thing to say.

Powerful. Amazing.
There's a baby on the way.
They say they see her little head.
Push, push, yes, yes, hooray!

Breathing. Crying.
My "baby on the way".
Held her close within my arms.
My baby, here today.

The Birth Journey

By Nancy Lantz

The Birth Journey

Begins with you

Begins again when you discover
you are building a baby

Begins again as you travel
through the time for the baby to
be complete

Begins again as you start the
birthing process and your baby
takes that first breath

Begins again with skin contact of
a new life

The birth journey is all about
new beginnings

Enjoy!

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DVD with my two-year-old granddaughter and four-year-old grandson, who have a two-week-old sibling. The DVD held their attention well and they giggled and "awwwed" at the babies. When I asked my granddaughter what she liked about the film, she replied "lots of babies." My grandson said that he liked it all, and his favorite part was hearing the comments from "the brothers." If this production passed the test of these two very active children, I believe that it is appropriate for all ages. However, it is pricey for such a short video. It probably would not be appropriate for a traditional childbirth class, but would be great to show on closed circuit television in the hospital and definitely in a sibling class.

