

**Understanding Birth 2<sup>nd</sup> Edition: A Comprehensive Guide**  
**InJoy Birth & Parenting Videos, Inc.**  
**7107 La Vista Place, Longmont, CO 80503**  
**2009, DVD, 135 minutes**  
**Bonus DVD – Understanding Birth 2<sup>nd</sup> Edition EXPRESS**  
**2009, DVD, 48 minutes**  
**\$449.95**

*Understanding Birth, 2<sup>nd</sup> Edition*, presents pregnancy, birth, and postpartum in eight divided chapters that are suitable for use in birth classes or home teaching. InJoy Birth & Parenting Videos uses birth footage, parent commentary, and animated graphics to deliver information parents need to know. InJoy Videos presents evidence-based, family-friendly information that educators will not have to overwrite or exclude from their classes. A free facilitator’s guide is downloadable from the InJoy website [www.InJoyVideos.com/SWYR](http://www.InJoyVideos.com/SWYR) giving educators the video menu with length of segments, profiles of the parents in the film, and questions to use for class discussion.

Eight chapters flow from pregnancy to postpartum including a birth in chapter three. The lengthiest chapter is number five, *Medical Procedures*, lasting 26 minutes and 51 seconds. The shortest is *Christina’s Birth*, chapter 3 lasting 11 minutes and 56 seconds. In the menu, the format allows for selection of a single chapter or a sub-section within that chapter.

In the first chapter, *Pregnancy*, 4D ultrasound images demonstrate a baby moving around exploring his/her world. In the *Partner Tip*, parents are encouraged to share their dreams and fears with each other at a special time without distractions. Animated graphics show the response of the uterus and cervix to a contraction. Preterm labor is described and parents are advised what to do if that occurs. Throughout the video, the information given is empowering rather than frightening.

Chapter 2, *Labor*, begins and ends with “your body knows how to give birth” and “trust your body.... women’s body’s are made for birth”. Ty is in active labor on her hands and knees getting low back massage from Brian. Anissa is in transition and uses position changes, and double-hip squeeze, in her strong desire to avoid

medication. She says “I had to dig really deep inside myself to know that I had that strength, and I really feel it’s important for women to know that everybody has this (strength) – that they can do it.” Joelle walks around the neighborhood with friends and Anissa rocks on the front porch. Animated graphics show lightening and the cervical response to warm-up contractions.

*Christina’s Birth*, chapter 3, with her husband, Adam, made me smile the whole time. And that’s not how I usually react to video or television births. Strong contractions came after spontaneous breaking of her bag of waters. They labored at home and remained in communication with their midwife. Christina and Adam speak often about the benefits of being in their own home while coping with back labor. When they arrived at the hospital, she was dilated to 6 centimeters and continued using her preferred out-of-bed positions, the bathtub, and excellent support from Adam.

*Comfort Techniques*, chapter 4, are discussed and demonstrated by mothers and partners as they use them in their births. Endorphins leads the list of techniques followed by continuous hands-on support, doula support, and privacy. Next we see and hear what we expect to find on a complete list of comfort measures.

*Medical Procedures*, chapter 5, begins with teaching the B-R-A-I-N acronym giving parents a memorable list of questions to ask when making decisions about their care. Medical procedures are discussed using benefits, risks, and alternatives as the format. Chelsea’s birth is the case study used to show and describe epidural anesthesia. Induction was done due to a spontaneous rupture of the bag of waters without labor starting on its own, and gestational age being far past the due date.

Daniella’s and Oscar’s unplanned cesarean birth is the case study for chapter 6, *Cesarean Birth*. Daniella’s labor stalls at 5 centimeters. Epidural, amniotomy, and Pitocin don’t affect progress and there are signs that she has a uterine infection. Animated graphics show the procedure and informed consent is demonstrated well.

*Newborns*, chapter 7 begins with appearance, procedures, and how well newborns respond to their parents’ voices and facial expressions. Right to refusal is explained and viewers are told “circumcision has not been proven medically necessary.” Great information is provided about the infant’s abilities to interact and

the importance of early contact on brain development. Infant cues and the states of consciousness are both described and demonstrated.

Chapter 8, *Postpartum*, uses animated graphics to demonstrate and describe involution. Recovery in the hospital and at home are covered well. Breastfeeding shows a baby with a good latch and describes what to look for. Parents are told to look and listen for an audible suck/swallow (also demonstrated well by a suckling baby), to count pees and poops, and to keep track of weight gain. Parents are told they shouldn't expect sore nipples and to seek help if this happens.

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The video is condensed from 135 minutes to 48 minutes to provide the most essential information in less than one hour. Educators can choose from the menus and sub-menus to select sections they want to use and can show segments rather than the entire video. Chapters include *Pregnancy, Labor, Medical Procedures, and Cesarean Birth*.

InJoy Videos provides educators, parents, and professional speakers with information that follows adult education guidelines and is evidence-based. The format can be adapted to a variety of uses and educators will appreciate its quality.

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