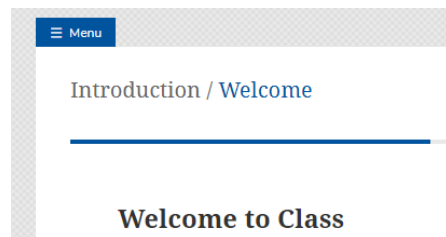
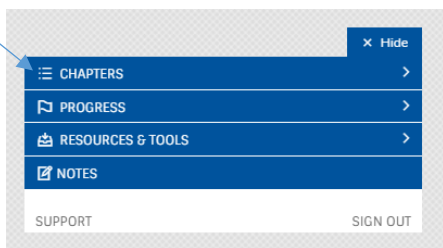


Cathy Allen shared this idea during the webinar. She has done a screen capture of the web app that comes with InJoy's *Understanding Mother & Baby Care* discharge book that BSW purchase to help her nurses explain how to view the videos below. Having this reminder presented during labor and deliver has helped moms take in this information before they are so tired and distracted in postpartum according to Cathy. To learn more about the book+app see <https://injoyhealtheducation.com/understanding-mother-baby-care-book-webapp.html>

## UNDERSTANDING MOTHER & BABY CARE HANDBOOK

Have patient turn to the first page of her **UNDERSTANDING MOTHER & BABY CARE** handbook and enter the redemption code. Log on to open the app. When you see this, click **MENU**.

Next click **Chapters:**



Scroll down to your **FIRST DAYS: FEEDING** and click 3 topics: **Skin-to-Skin, Breastfeeding, and Hand Expression**

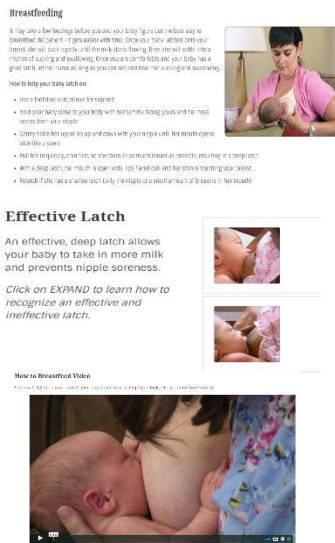
### 02. FIRST DAYS: FEEDING

- Newborn Hunger Cues ●●
- Skin-to-Skin Contact ●●●●●●●●
- Breastfeeding ●●●●●●●●○
- Burping ●●
- Getting Enough Milk
- Sleepy Eaters
- Engorgement ○●
- Hand Expression ○●

#### Skin-to-Skin: Read



#### Breastfeeding: 3 slides



#### Hand Expression: Video



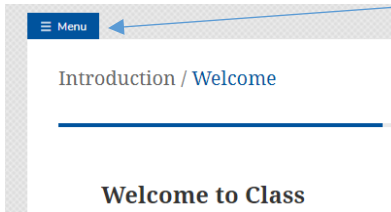
If you have any questions, do not hesitate to call/text:

**For Breastfeeding Education:** Cathy Allen 817-XXX-XXXX  
**For Maximized Golden Hour Project:** Jenny Dickerson 214-XXX-XXXX

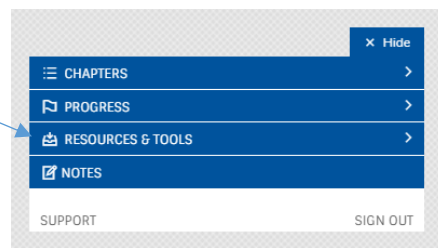
Cathy Allen shared this idea during the webinar. She has done a screen capture of the web app that comes with InJoy's *Understanding Breastfeeding* book that BSW purchases to help her nurses explain how to view the videos below. Having this reminder presented during labor and deliver has helped moms take in this information before they are so tired and distracted in postpartum according to Cathy. For info on the book+app see <https://injoyhealtheducation.com/understanding-breastfeeding-book-plus-webapp.html>

## ONLINE BREASTFEEDING WEB APP

Have patient log on ([injoyonline.com](https://injoyonline.com)) and open their online breastfeeding class. When you see this, click **MENU**.



Next click **Resources and Tools**:

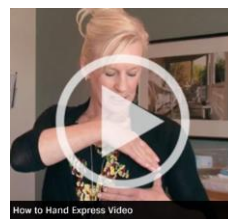


Scroll down to your **Video Library** and click the **number 23**.



All videos will then show up. The following videos are recommended to be viewed first but feel free to view them all:

- **Skin-To-Skin** 1:18 minutes
- **Latching On Video** 2:37 minutes
- **How to Hand Express** 2:21 minutes



The patient will have to log on using their email address. If they forgot their password, just hit the reset button.

If you have any questions, do not hesitate to call/text:

**For Breastfeeding Education:** Cathy Allen 817-xxx-xxxx