

## Parenting BASICS Video Clips for One-on-One Education (68 Total Clips)

**ENGLISH & SPANISH AVAILABLE**

Ask your representative for web links to preview the clips below.

Build a library by topic or age, or choose your own assortment of clips.		AGE			
		Birth-6 Months	7-12 Months	1-Year-Olds	2-Year-Olds
TOPIC	Nutrition	<ul style="list-style-type: none"> <li>Breastfeeding Basics</li> <li>Bottle Feeding</li> </ul>	<ul style="list-style-type: none"> <li>Readiness for Solids</li> <li>First Foods</li> <li>Safe Self-Feeding</li> </ul>	<ul style="list-style-type: none"> <li>Offer A Variety of Healthy Foods</li> <li>Establishing Healthy Eating Habits</li> <li>Eating as a Family</li> </ul>	<ul style="list-style-type: none"> <li>How to Choose Healthy Food</li> <li>Avoiding Mealtime Conflicts</li> <li>Making Healthy Habits Fun</li> </ul>
	Health & Safety	<ul style="list-style-type: none"> <li>Well-Baby Care</li> <li>Signs of Illness</li> <li>Keeping Baby Safe</li> </ul>	<ul style="list-style-type: none"> <li>Healthy Baby</li> <li>Preventing Accidents</li> </ul>	<ul style="list-style-type: none"> <li>Keeping Toddlers Healthy</li> <li>Responding to Injury and Illness</li> <li>Preventing Falls</li> </ul>	<ul style="list-style-type: none"> <li>Basic Hygiene and Potty Training</li> <li>Teaching About Health and Safety</li> <li>Outside Safety</li> </ul>
	Emotional Health & Positive Discipline	<ul style="list-style-type: none"> <li>Emotional Health</li> <li>Comforting Crying</li> <li>How to Stay Calm</li> </ul>	<ul style="list-style-type: none"> <li>Showing Love</li> <li>Normal Behavior</li> <li>Positive Discipline</li> </ul>	<ul style="list-style-type: none"> <li>Toddler Messes</li> <li>Aggressive Behavior</li> <li>Discipline With Love</li> </ul>	<ul style="list-style-type: none"> <li>Bedtime Challenges</li> <li>Dealing with Tantrums</li> </ul>
	Play & Milestones	<ul style="list-style-type: none"> <li>Milestones: Months 1 &amp; 2</li> <li>Milestones: Months 3 &amp; 4</li> <li>Milestones: Months 5 &amp; 6</li> </ul>	<ul style="list-style-type: none"> <li>Milestones: Months 7 &amp; 8</li> <li>Milestones: Months 9 &amp; 10</li> <li>Milestones: Months 11 &amp; 12</li> </ul>	<ul style="list-style-type: none"> <li>Physical Milestones</li> <li>Language Milestones</li> <li>Social &amp; Thinking Milestones</li> </ul>	<ul style="list-style-type: none"> <li>Physical Milestones</li> <li>Language Milestones</li> <li>Social &amp; Thinking Milestones</li> </ul>
	Self-Care for Moms	<ul style="list-style-type: none"> <li>Importance of Self-Care</li> <li>Postpartum Emotions</li> <li>Healthy Relationships for Moms</li> </ul>	<ul style="list-style-type: none"> <li>Reducing Stress</li> <li>Healthy Communication for Moms</li> </ul>	<ul style="list-style-type: none"> <li>Improving Self-Esteem</li> <li>Caring for Your Sexual Health</li> <li>Health Relationships: Old and New</li> </ul>	<ul style="list-style-type: none"> <li>Achieving Goals</li> <li>Managing Money</li> <li>Moms as Advocates</li> </ul>
	Fatherhood	<ul style="list-style-type: none"> <li>Babies &amp; Dads</li> <li>New-Dad Emotions</li> <li>Healthy Relationships for Dads</li> </ul>	<ul style="list-style-type: none"> <li>Dads Are Important</li> <li>Dads &amp; Stress</li> <li>Healthy Communication for Dads</li> </ul>	<ul style="list-style-type: none"> <li>Dads and 1 year olds</li> <li>Setting Goals</li> <li>Relationships and STDs</li> </ul>	<ul style="list-style-type: none"> <li>Dads and 2 year olds</li> <li>Managing Money</li> <li>Dads as Advocates</li> </ul>

**Call 800.326.2082 for details and pricing.**