Effective Teaching Solutions for a New Decade

See What’s New From InJoy! Pages 2-3

Check out InJoy’s free resources for educators. Page 30

Empowering families together.

Multi-Format | Customizable | Available in English & Spanish
To learn more about our Comprehensive Curriculum, visit: InJoyHealthEducation.com
Check Out InJoy’s Newest Curriculums!

Understanding Fatherhood
(See p. 22)

Understanding Infant & Child Safety
(See p. 21)

Understanding Your Multiples
(See p. 20)

Understanding Breastfeeding
NEW EDITION!
(See p. 12)

Understanding the NICU & Your Baby
(See p. 19)

Understanding Grandparenting
(See p. 23)

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InJoyHealthEducation.com
Provide Education That Keeps Parents Connected to You at Every Stage of Care

Deliver the right information at the right time to parents with InTouch, a series of 90 video-rich weekly emails covering pregnancy through Baby’s first year. Emails are branded to your organization and scheduled to be sent based on the parent’s due date or baby’s birth date.

Stay connected to parents throughout their journey and across patient touchpoints starting early in pregnancy to encourage healthy choices and increase satisfaction, brand loyalty, and use of your services.

Each email contains InJoy’s evidence-based videos, informative callouts, interactive questions, a personal way to connect with you, and links to your hospital’s resources.

Any number of potential patients and their support people can sign up, and you can import existing patient lists. Ideal for marketing, education, and clinical applications!

Call 1-800-326-2082 x2 or visit InJoyHealthEducation.com/InTouch to learn more!
Understanding Curriculum

InJoy’s multi-format Understanding curriculum helps your organization deliver consistent, evidence-based information at every point of care. With topics spanning pregnancy to parenthood and presented in a mix of print and digital formats, we’ve got you covered. Plus, we update the content regularly and provide all the digital product support, allowing you to focus on what you do best—caring for families!

To learn more, call 800.326.2082 or visit InJoyHealthEducation.com/Complete-Curriculums

CORE CURRICULUM TITLES:

- Understanding Pregnancy
- Understanding Birth
- Understanding Breastfeeding
- Understanding Mother & Baby Care
- Understanding Your Newborn

NEW CURRICULUM TITLES:

- Understanding Fatherhood
- Understanding Infant & Child Safety
- Understanding the NICU & Your Baby
- Understanding Your Multiples
- Understanding Grandparenting
Customize the Understanding curriculum to reflect your brand and unique message! InJoy’s flexible options allow you to share your story, tell parents all you have to offer, and keep your name front and center. Rely on the expertise of the InJoy team to help you tailor your education solution and get you up and running quickly.

3 EASY STEPS to Creating Your Custom Solution

1. CHOOSE YOUR TOPICS & FORMATS
2. REQUEST A PREVIEW
3. BRAND & CUSTOMIZE YOUR SOLUTION

Call 800.326.2082 to learn more about customization options.

Available Understanding Curriculum Formats:

- **BOOK + WEB APP** — Set your organization apart with customizable books. Each one comes with a web app with videos!
- **WEB APP** — Provide a convenient, customizable mobile reference guide full of videos and tools.
- **DVD & USB** — Engage parents with video content that is up-to-date and relatable—the perfect teaching tool!
- **POWERPOINT®** — Standardize your classroom teaching with customizable presentations packed with embedded video clips.
- **ONLINE EDUCATION** — Reach more expectant parents in your community with customizable, self-paced, interactive eClasses.
- **DIGITAL DELIVERY LICENSING** — Deliver video content conveniently through your facility’s patient education delivery system.
InJoy’s eClass Suite

Deliver the same important, trusted information you teach in the classroom to parents who can’t make it to your facility. InJoy’s online classes help increase the overall number of families you educate by offering a convenient, learn-at-home option. With so many parents wanting more flexibility, our customizable eClasses are the perfect solution to reaching more families in your community.

AVAILABLE ECLASSES:

• Understanding Pregnancy
• Understanding Birth
• Understanding Breastfeeding
• Understanding Mother & Baby Care
• Understanding Your Newborn
• Understanding Cesarean Birth
• **NEW!** Understanding Your Multiples
• **NEW!** Understanding Infant & Child Safety
• **NEW!** Understanding Fatherhood

How to Start Your Own Online Program:

• Distribute **core titles** as alternatives to your standard offerings.
• Add **specialty titles** to cover topics that don’t have an in-person class.
• **Customize** the eClass with your logo, colors, and information about your services.
• **Flip** your classroom—offer a short in-person session along with an eClass.

Contact us at 800.326.2082 to learn more and preview!
“The flexibility of this online course was super convenient for our busy schedule. Thank you for providing this option!”
~eClass Student

“Instructors were concerned that in-person classes were going to be cancelled if we offered the eClass. We have found that not to be true at all. The instructors have more than they can teach, and the eClass has just enhanced that.”
~Women’s Services Director

A convenient, affordable way for patients and staff to watch InJoy’s videos.

Digital Video Delivery License
With a Digital Video Delivery License you can easily distribute InJoy’s high-quality, evidence-based programs using your facility’s existing patient education system or staff Learning Management System. No more transporting DVDs, DVD players, or laptops from room to room!

USE WITH:
• Interactive Patient Care Systems
• Video On Demand (VOD) Systems
• Closed Circuit Television (CCTV) Systems
• Learning Management Systems (LMS)
• Password-Protected Intranet Systems

Call 800.326.2082 for details!
Help Improve Pregnancy Outcomes with Evidence-Based Prenatal Health Education

InJoy’s Understanding Pregnancy curriculum provides educators with a cost-effective, comprehensive, and engaging way to teach and inspire expectant parents to make healthy choices for themselves and their baby by sharing lifelike fetal development animation, personal stories, and the latest ACOG guidelines.

CONTENT INCLUDES:
- Fetal Development
- Medical Care
- Nutrition
- Exercise
- Discomforts
- Hazards
- Emotions

Our content, your brand!
Ask your area representative about branding and customization options. Call 800.326.2082.
Understanding Pregnancy Formats

**DVD & USB**
78 min., Includes a 34-min. express version and bonus fetal animation clip. Facilitator’s Guide & Parent Handouts.
- DVD English 162D or Spanish 162SD .......................................................... $279.95
- DVD English 162D-USB or Spanish 162SD-USB ........................................ $279.95

**PRINTED BOOK + WEB APP**
- Book: 8½” x 11” full-color, 52 pages
- Web App: Includes videos, on-screen text, parent tools, checklists, resources, and more.
  - Compatible with computers and mobile devices.
- Web app available without book. Affordable pricing based on quantity.
  Call 800.326.2082 for details.

**ONLINE EDUCATION**
- Takes 3-4 hours to complete. Includes videos, on-screen text, interactive exercises, quizzes, PDF worksheets, tools, progress tracking, and completion certificate.
  - Compatible with computers and mobile devices.

**DIGITAL VIDEO LICENSING**
Deliver the video program through your patient education system.

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**Additional Prenatal Titles**

Teach about a multiple pregnancy.
(See p. 20)

Educate pregnant teens about prenatal health.
(See p. 28)

Teach expectant dads about pregnancy, birth, & beyond.
(See p. 22)

See Page 25 for More
Teach with the Curriculum that Sets the Standard in Childbirth Education

InJoy’s *Understanding Birth* curriculum provides comprehensive childbirth education. Engaging videos, lifelike 3D animations, and personal birth stories give parents the knowledge and confidence to make informed decisions about their labor and delivery.

CONTENT INCLUDES:
- Pregnancy
- Labor
- Birth Stories
- Comfort Techniques
- Medical Procedures
- Cesarean Birth
- Newborns
- Postpartum

› Suitable for Baby-Friendly hospitals
› Available in English & Spanish

Our content, your brand!
Ask your area representative about branding and customization options. Call 800.326.2082.
## Understanding Birth Formats

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<tr>
<td><strong>DVD &amp; USB</strong></td>
<td><strong>PREMIUM PACKAGE:</strong> Full program: 146 min., Express Version: 64 min., Facilitator's Guide &amp; Parent Handouts. <strong>PREMIUM DVD English</strong> 256D-PREMIUM ..................................................</td>
<td>$499.95</td>
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<td></td>
<td><strong>PREMIUM USB English</strong> 256D-PREMIUM-USB ..................................................................................................................................................................................</td>
<td>$499.95</td>
</tr>
<tr>
<td></td>
<td><strong>BASIC PACKAGE:</strong> 146 min., Facilitator's Guide &amp; Parent Handouts. <strong>BASIC DVD English</strong> 256D or Spanish 256SD ........................................................................</td>
<td>$399.95</td>
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<tr>
<td></td>
<td><strong>BASIC USB English</strong> 256D-USB or Spanish 256SD-USB ........................................................................................................................................................................</td>
<td>$399.95</td>
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<tr>
<td><strong>ONLINE EDUCATION</strong></td>
<td><strong>REGULARLY REVIEWED &amp; UPDATED • CUSTOMIZATION AVAILABLE</strong> Takes 4-6 hours to complete. Includes videos, on-screen text, interactive exercises, quizzes, PDF worksheets, tools, progress tracking, and completion certificate. Compatible with computers and mobile devices.</td>
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<td><strong>POWERPOINT PROGRAM</strong></td>
<td><strong>INCLUDES ABILITY FOR YOU TO CUSTOMIZE!</strong> Requires USB port and Microsoft PowerPoint software. Includes 187 slides, 50 video clips with optional closed captions, User's Guide, and Facilitator's Guide With Parent Handouts. <strong>PowerPoint USB English</strong> 256PT-USB or Spanish 256SPT-USB ........................................................................</td>
<td>$649.95</td>
</tr>
<tr>
<td><strong>PRINTED BOOK + WEB APP</strong></td>
<td><strong>REGULARLY REVIEWED &amp; UPDATED • CUSTOMIZATION AVAILABLE</strong> Book: 8½” x 11” full-color, 72 pages <strong>Web App:</strong> Includes videos, on-screen text, parent tools, checklists, resources, and more. Compatible with computers and mobile devices. <strong>Web app available without book. Affordable pricing based on quantity.</strong> Call 800.326.2082 for details.</td>
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</tr>
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<td><strong>DIGITAL VIDEO LICENSING</strong></td>
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### Additional Childbirth Titles

- **Teach about a multiple birth.** *(See p. 20)*
- **Use birth stories to engage parents.** *(See p. 26)*
- **Target your teaching about the stages of labor.** *(See p. 26)*

*See Page 26 for More*
Understanding Breastfeeding

Increase Breastfeeding Initiation & Duration Rates

Following the International Lactation Consultant Association (ILCA) recommendations and American Academy of Pediatrics (AAP) guidelines, InJoy’s evidence-based Understanding Breastfeeding curriculum helps improve a mother’s chances to breastfeed exclusively for a longer period of time.

CONTENT INCLUDES:

- How Breastfeeding Works
- Getting the Best Start
- Latching On
- Breastfeeding Positions
- When to Feed Your Baby
- Getting Enough Milk
- Breast Care
- Breastfeeding Lifestyle

NEW EDITION!

- Suitable for Baby-Friendly hospitals
- Available in English & Spanish

Our content, your brand!

Ask your area representative about branding and customization options. Call 800.326.2082.
# Understanding Breastfeeding Formats

## DVD & USB
- **NEW EDITION! CALL TO PREVIEW**
- DVD English 322D or Spanish 322SD…………………………………………………….. $249.95
- USB English 322D-USB or Spanish 322SD-USB……………………………………….. $249.95

## POWERPOINT PROGRAM
- **NEW EDITION! CALL TO PREVIEW**
- INCLUDES ABILITY FOR YOU TO CUSTOMIZE!
- PowerPoint English 322PT-USB or Spanish 322SPT-USB…………………………….. $369.95

## PRINTED BOOK + WEB APP
- **CALL TO PREVIEW TODAY**
- REGULARLY REVIEWED & UPDATED • CUSTOMIZATION AVAILABLE
- Book: 8½” x 11” full-color, 40 pages
- Web App: Includes videos, on-screen text, parent tools, checklists, resources, and more. Compatible with computers and mobile devices.
- Web app available without book. Affordable pricing based on quantity. Call 800.326.2082 for details.

## ONLINE EDUCATION
- **CALL TO PREVIEW TODAY**
- REGULARLY REVIEWED & UPDATED • CUSTOMIZATION AVAILABLE
- Takes 2-3 hours to complete. Includes videos, on-screen text, interactive exercises, quizzes, PDF worksheets, tools, progress tracking, and completion certificate. Compatible with computers and mobile devices.

## DIGITAL VIDEO LICENSING
- **CALL FOR DETAILS**
- Watch the video program through your patient education system.

## Additional Breastfeeding Titles
- **Train staff to help increase exclusive breastfeeding rates.**
  - (See p. 24)
- **Teach young moms breastfeeding basics.**
  - (See p. 27)
- **Help moms of multiples learn to breastfeed.**
  - (See p. 20)

*See Page 27 for More*
Understanding Mother & Baby Care

Simplify & Standardize Postpartum Education at Discharge

Covering the first few weeks postpartum, InJoy’s Understanding Mother & Baby Care curriculum makes it easy for you to teach new parents as they transition from hospital to home. Information is organized for efficient discharge teaching.

CONTENT INCLUDES:

- Mother Care & Warning Signs
- Baby Blues & Postpartum
- Mood Disorders
- Breastfeeding Basics
- Formula Feeding
  (This information is not included in the version created for Baby-Friendly hospitals.)
- Baby Care & Warning Signs
- Crying & Safety

Our content, your brand!

Ask your area representative about branding and customization options. Call 800.326.2082.
Understanding Mother & Baby Care Formats

**DVD & USB**
- DVD English 119D or Spanish 119SD $249.95
- USB English 119D-USB or Spanish 119SD-USB $249.95
- DVD Baby-Friendly Version English 119DBF or Spanish 119SDBF $249.95
- USB Baby-Friendly Version English 119DBF-USB or Spanish 119SDBF-USB $249.95

**PRINTED BOOK + WEB APP**
- Book: 8½” x 11” full-color, 52 pages.
- Web App: Includes videos, on-screen text, tools, checklists, and more. Compatible with computers and mobile devices.
- Web app available without book. Affordable pricing based on quantity. Call 800.326.2082 for details.
- Available for Baby-Friendly Hospitals: Formula & Bottle Feeding Tear Pads
  50 sheets per pad, 8½” x 11” full-color, $24.95 per tear pad

**ONLINE EDUCATION**
- Takes 2-3 hours to complete. Includes videos, on-screen text, interactive exercises, quizzes, PDF worksheets, tools, progress tracking, and completion certificate.
- Compatible with computers and mobile devices.

**DIGITAL VIDEO LICENSING**
Watch the video program through your patient education system.

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**Additional Postpartum Titles**

**Provide discharge teaching for perinatal loss.** (See p. 18)

**Teach grandparents about what’s new in mom/baby care.** (See p. 23)

**Prepare parents of multiples for what to expect postpartum.** (See p. 20)

*See Page 28 for More*
Teach Baby Care Basics to Improve Newborn Health

InJoy’s Understanding Your Newborn curriculum provides comprehensive, evidence-based education about baby care for the first six weeks and beyond, helping you deliver consistent information at every touchpoint.

**CONTENT INCLUDES:**

- Newborn Traits & Behaviors
- Crying & Comforting
- Feeding
- Diapering
- Cleaning & Dressing
- Newborn Health & Safety

- Suitable for Baby-Friendly hospitals
- Available in English & Spanish

Our content, your brand!
Ask your area representative about branding and customization options. Call 800.326.2082.
Understanding Your Newborn Formats

**DVD & USB**
- DVD English 258D or Spanish 258SD .................................................. $249.95
- USB English 258D-USB or Spanish 258SD-USB .................................. $249.95
- DVD Baby-Friendly Version English 258DBF or Spanish 258SDBF .......... $249.95
- USB Baby-Friendly Version English 258DBF-USB or Spanish 258SDBF-USB .... $249.95

**POWERPOINT PROGRAM**
*Includes ability for you to customize!*
- PowerPoint English 258PT-USB or Spanish 258SPT-USB ......................... $369.95
Suitable for Baby-Friendly hospitals. Formula slides available upon request.

**PRINTED BOOK + WEB APP**
*Regularly reviewed & updated • Customization available*
- Book: 8½” x 11” full-color, 52 pages
- Web App: Includes videos, on-screen text, tools, checklists, and more. Compatible with computers and mobile devices.
- Web app available without book. Affordable pricing based on quantity.
- Call 800.326.2082 for details.

**ONLINE EDUCATION**
*Regularly reviewed & updated • Customization available*
Takes 2-3 hours to complete. Includes videos, on-screen text, interactive exercises, quizzes, PDF worksheets, tools, progress tracking, and completion certificate. Compatible with computers and mobile devices.

**DIGITAL VIDEO LICENSING**
Watch the video program through your patient education system.

Additional Baby Care Titles

**Teach in depth about infant safety & car seats.** (See p. 21)

**Provide baby care education in the NICU.** (See p. 19)

**Teach dads about baby care & bonding.** (See p. 22)

See Page 28 for More
A Guide to Grief & Healing
After the Loss of Your Baby

Provide Comprehensive Perinatal Bereavement Care in Multiple Formats

Help parents understand the grief process and navigate the difficult choices they’ll need to make after the loss of their baby. Includes personal video stories and links to support resources.

CONTENT INCLUDES:

• First Steps (Creating Memories, Considering Breastmilk Donation, Deciding About an Autopsy & Services)
• Your Grief Journey (Stages of Grief, Healthy Coping, Getting Help, Partners)
• Postpartum Care (Physical Changes, Cesarean Recovery, Emotions, Breast Care, Warning Signs)

A Guide to Grief & Healing Formats

PRINTED BOOK + WEB APP

REGULARLY REVIEWED & UPDATED • CUSTOMIZATION AVAILABLE

Book: 8½” x 5½” full-color, 24 pages.
Web App: Includes videos, on-screen text, resources, and more. Compatible with computers and mobile devices.

Book + web app available in Spanish. Web app available without book. Affordable pricing for organizations of all sizes and quick integration for customers already using our web app platform. Call 800.326.2082 for details.

DIGITAL VIDEO LICENSING

Watch the video program through your patient education system.

CALL TO PREVIEW TODAY

CALL FOR DETAILS
Increase Parents' Confidence & Teach Hands-On Care in the NICU

With the current emphasis on family-centered care in the NICU, you need an effective way to educate and engage a diverse group of families. Our new curriculum helps families feel supported and empowered throughout their NICU journey.

CONTENT INCLUDES:

• Pumping & the Importance of Breastmilk
• NICU Staff & Equipment
• Premature Babies & Other Common Medical Conditions
• Interacting with & Feeding Baby
• Discharge Preparation, Self-Care for Parents, & Life at Home

Understanding the NICU & Your Baby Formats

**DVD & USB**

Approx. 75 min., Facilitator's Guide & Parent Handouts.

- DVD English 524D................................................................. $399.95
- USB English 524D-USB....................................................... $399.95
- DVD Spanish 524SD.......................................................... $399.95
- USB Spanish 524SD-USB................................................. $399.95

**PRINTED BOOK + WEB APP**

*REGULARLY REVIEWED & UPDATED - CUSTOMIZATION AVAILABLE*

- **Book**: 8½” x 11” full-color, 52 pages.
- **Web App**: Includes videos, on-screen text, parent tools, checklists, resources, and more. Compatible with computers and mobile devices.
  
  Web app available without book and available in Spanish. Affordable pricing for organizations of all sizes and quick integration for customers already using our web app platform. Call 800.326.2082 for details.

**DIGITAL VIDEO LICENSING**

Watch the video program through your patient education system.

CALL TO PREVIEW TODAY

CALL TO PREVIEW TODAY

CALL FOR DETAILS

800.326.2082 | 19
Understanding Your Multiples

Address the Unique Needs of Parents Expecting Multiples

Expand your education program and provide comprehensive information to parents expecting more than one baby.

CONTENT INCLUDES:

- Pregnancy
- Labor & Delivery
- Breastfeeding
- Postpartum Recovery & Warning Signs
- Life at Home With Multiples

Understanding Your Multiples Formats

**DVD & USB**
Approx. 60 min., Facilitator’s Guide & Parent Handouts.
- DVD English 341D
- USB English 341D-USB

**POWERPOINT PROGRAM**
Includes ability for you to customize!
- PowerPoint English 341PT-USB

**WEB APP**
Regularly reviewed & updated · Customization available
Includes videos, on-screen text, parent tools, checklists, resources, and more. Compatible with computers and mobile devices.

**ONLINE EDUCATION**
Regularly reviewed & updated · Customizable
Takes 3-5 hours to complete. Includes videos, on-screen text, interactive exercises, quizzes, PDF worksheets, tools, progress tracking, and completion certificate. Compatible with computers and mobile devices. Call 800.326.2082 for details.

**DIGITAL VIDEO LICENSING**
Watch the video program through your patient education system.

Call 800.326.2082 for details.

InJoyHealthEducation.com
Understanding Infant & Child Safety

Life-Saving Education for Parents & Caregivers

Teaching safety just got easier and more engaging! Accidents are the leading cause of death for infants and children. Now you can provide necessary, up-to-date information from a variety of safety organizations with one reassuring curriculum.

CONTENT INCLUDES:
- Car Safety
- Safe Baby Care
- Safety Products
- Home Safety
- Poisons
- Emergency Preparedness

Understanding Infant & Child Safety Formats

**DVD & USB**
- DVD English 176D or Spanish 176SD
- USB English 176D-USB or Spanish 176SD-USB
- $249.95

**POWERPOINT PROGRAM**
- INCLUDES ABILITY FOR YOU TO CUSTOMIZE!
- PowerPoint English 176PT-USB
- $369.95

**ONLINE EDUCATION**
- REGULARLY REVIEWED & UPDATED • CUSTOMIZATION AVAILABLE
- Takes 2-3 hours to complete. Includes videos, on-screen text, interactive exercises, quizzes, PDF worksheets, tools, progress tracking, and completion certificate. Compatible with computers and mobile devices.

**DIGITAL VIDEO LICENSING**
- Watch the video program through your patient education system.

CALL TO PREVIEW TODAY
800.326.2082

CALL TO PREVIEW TODAY

CALL FOR DETAILS

NEW!
Understanding Fatherhood

Build Confidence with a Curriculum Made Just for Dads

Designed with input from experienced fatherhood educators, InJoy’s Understanding Fatherhood curriculum covers pregnancy, birth, and babies from a new dad’s perspective. This curriculum can be quickly implemented by your facility, and it encourages group interaction and discussion.

CONTENT INCLUDES:
- The Importance of Fathers
- The Pregnant Dad
- Labor & Delivery
- Baby Care
- The Postpartum Dad
- A Look Ahead at Parenting

Understanding Fatherhood Formats

DVD & USB
DVD English 153D .......................................................... $249.95
USB English 153D-USB .................................................. $249.95

POWERPOINT PROGRAM
INCLUDES ABILITY FOR YOU TO CUSTOMIZE!
PowerPoint English 153PT-USB ...................................... $369.95

ONLINE EDUCATION
REGULARLY REVIEWED & UPDATED • CUSTOMIZATION AVAILABLE
Includes videos, on-screen text, interactive exercises, quizzes, PDF worksheets, tools, progress tracking, and completion certificate.

DIGITAL VIDEO LICENSING
Watch the video program through your patient education system.

CALL FOR DETAILS

NEW!

InJoyHealthEducation.com
Understanding Grandparenting

Ready-Made Materials for Grandparenting Classes

Help grandparents understand what’s changed since raising their children and how they play an important role in their grandchild’s life. Provide structure for your class while teaching the latest evidence-based information with relatable videos.

CONTENT INCLUDES:
- Why Grandparents Are Grand
- Changes in Birth, Mother Care, & Baby Care
- What’s New in Feeding, Health, & Safety
- Play & Milestones
- Setting Boundaries & Healthy Communication

Understanding Grandparenting Formats

**DVD & USB**
35 min., Includes Facilitator’s Guide & Parent Handouts.

- DVD English 420D or Spanish 420SD ........................................ $249.95
- USB English 420D-USB or Spanish 420SD-USB ...................... $249.95

**POWERPOINT PROGRAM**
Requires USB port and Microsoft PowerPoint software. Includes approx. 50 slides, 14 video clips with optional closed captions, User’s Guide and Facilitator’s Guide With Parent Handouts.

- PowerPoint English 420PT-USB ........................................... $369.95

**DIGITAL VIDEO LICENSING**
Watch the video program through your patient education system.

**NEW!**
No DVD drive or player? No problem. InJoy’s videos and PowerPoint programs are now available on a convenient USB flash drive. No WiFi or DVD player needed!

Choose USB format when ordering on our website or call 800.326.2082 for details.
Practices to Increase Exclusive Breastfeeding

Affordable Online Staff Training to Meet Your Goals

This fast, affordable training teaches basic through advanced skills. With two engaging eCourses, staff will learn evidence-based strategies and how to apply a collaborative care model to positively impact breastfeeding rates.

CORE CONCEPTS ECOURSE:
Four 20-minute modules cover the foundations of normal breastfeeding support.

• Module 1: 10 Steps Overview & Communication
• Module 2: Labor & Birth
• Module 3: Days 1-3 Postpartum
• Module 4: Expressing Milk

MANAGING COMMON CHALLENGES ECOURSE:
Three 30-minute modules cover the most common breastfeeding challenges that can occur between birth and discharge.

• Module 1: Newborn Challenges
• Module 2: Latch-Related Challenges & Nipple Pain
• Module 3: Milk Production Challenges & Supplementation

You’ll Engage Learners With:

• Instructive, real-world video examples
• Downloadable practice tools and patient handouts
• Relevant case studies, interactive exercises, and quizzes
• Related group sessions provided in the Facilitator’s Guide

Call us at 800.326.2082 to request a preview.
Additional Video Titles From InJoy

**PRENATAL**

**Understanding Prenatal Nutrition**
Ensure that expectant mothers receive the dietary information they need for a healthy pregnancy.

DVD English or Spanish, 15 min ................................................................. $99.95

**Alcohol & Pregnancy: Making Healthy Choices**
Show moms the dangers of drinking during pregnancy, while giving them strategies for staying alcohol-free.

DVD English or Spanish, 10 min ................................................................. $99.95

**Gestational Diabetes**
A Milner-Fenwick production, in collaboration with the American Association of Diabetes Educators, this empowering program teaches pregnant women with gestational diabetes how to keep their blood glucose in a safe and healthy range.

DVD English or Spanish, 22 min ................................................................. $159.95

**You Can Quit! How to Stop Smoking During Pregnancy**
Using a research-based, proven approach, this interactive program not only reminds pregnant women why they should stop smoking, it gives them an effective way to quit.

DVD English or Spanish, 18 min ................................................................. $79.95

**Available on USB!**

**Super Sibling: Preparing Children for a New Baby**
Prepare children to become siblings through funny characters, cool animation, and true stories (for Ages 2-7).

DVD or USB English, 13 min ................................................................. $249.95

**Our Growing Family: A Story for Brothers & Sisters**
Hold the attention of young viewers as three children share their own sibling stories to help new brothers and sisters prepare for Baby’s arrival (for Ages 5-12).

DVD English, 16 min ................................................................. $249.95
Additional Video Titles From InJoy

Clearly teach the four stages of labor with stunning 3D animation and real birth footage.
- DVD English or Spanish, 34 min ............................................................... $289.95
- USB English or Spanish, 34 min .............................................................. $289.95

**Pain Management for Childbirth (2-Volume Set)**
Volume 1: Comfort Techniques | Volume 2: Analgesics & Epidurals
Show expectant parents how to manage pain, whether they choose non-medicated or medicated relief.
- DVD English or Spanish, 29 min, per volume Each - $199.95 | Set - $349.90

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Offer a realistic look at childbirth through the personal experiences and emotions of a variety of families.
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