

and not interacting with their babies, but at least the babies were being held close.

The lullaby section might be good for modeling how to help a baby go to sleep by holding baby close and swaying and rocking. But beyond watching it once or twice, I would think a mother would want to focus on her baby while holding baby close rather than watching other moms and babies on a video.

Lullaby Exercises only shows mothers interacting with their babies. There are no fathers shown holding their babies in a sling. Furthermore, 6 of the 7 mothers were Caucasian, so the DVD does not depict much ethnic diversity.

Although exercising with a baby in a sling is a novel idea, overall, I do not feel *Lullaby Exercises* would be an asset for a childbirth educator to own or use in her classes.

Reviewer:

Anna Marie Nelson, BS, LMT, CD(DONA), LCCE
Palmer, TX

Preterm Labor: Reduce Your Risks & Learn the Signs

Producer: InJoy Birth and Parenting Videos (2008)

Format: DVD and VHS (main program length, 14 minutes; bonus, 3:53 minutes)

Cost: \$149.95

Where to order: Online at Injoy Videos (www.injoyvideos.com) or call 800-326-2082

Preterm labor can happen to any pregnant woman. The key to a better birth outcome is knowledge of the signs and reduction of risk. *Preterm Labor: Reduce Your Risks & Learn the Signs* is a good resource to have as a childbirth educator, health-care provider, or anyone who provides services to pregnant women. This video, narrated by an obstetrician, is intended to provide the expectant mother with the tools needed to reduce her risk of premature labor and to equip her to recognize the signs should they appear.

Preterm Labor is organized in three concise chapters: "What is Preterm Labor?"; "Who's at Risk?"; and "What are the Signs?". This layout makes this DVD a useful tool for childbirth educators to use in class and as resource material. Each chapter ranges from about 3–6 minutes in length, so the DVD could be easily used to introduce the topic or to use as a review. The DVD's simplicity of presentation works well if it were to be sent home with expectant parents. The video also includes a bonus section that presents a personal interview with

a young Caucasian couple that experienced a preterm labor.

Preterm Labor does a great job comparing the characteristics of a preterm infant to a full-term infant, both physically and developmentally. It also reassures parents who have preterm infants that these babies usually catch up with their full-term peers in about 1–2 years.

The video has a diverse cultural representation—Caucasian, Asian, Latino/Hispanic—but it lacks much African-American representation. Although all pregnant women are at risk, researchers have shown that African-American women are twice as likely to experience preterm births (see www.marchofdimes.org). Although the information presented in *Preterm Labor* is universal, reception may be skewed in African-American populations. The video may give a false sense of an "other" race issue. In order to have greater impact, balanced racial and cultural representation of African-Americans is needed.

Throughout the video, *Preterm Labor* supports the Lamaze Healthy Birth Practice concerning keeping baby and mother together, which is challenging in preterm situations. The video encourages close interaction between parents and child and encourages breastfeeding as best practice, even in the intensive care setting.

Reviewer:

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Creedmoor, NC

Dunstan Baby Language: Learn the Universal Language of Newborn Babies

Producer/Director: Dunstan Baby (2006)

Cast: Priscilla Dunstan

Format: Set of two DVDs (total run time: 60 minutes); includes a 24-page booklet and a reference wall chart

Cost: \$39.99

Where to order: Available at most major bookstores and online booksellers, including Dunstan Baby (www.dunstanbaby.com) and Lamaze International Bookstore and Media Center (www.lamaze.org)

Unlike many other parenting resources that explain *how* to provide basic baby care but leave the clarification of *when* to trial and error, the *Dunstan Baby Language* program focuses on recognizing when to address each of baby's needs by learning baby's language. Targeted for parents of 1- to 3-month-old infants, the video features Priscilla Dunstan,