

Understanding Birth

2nd Edition (2009)

Reviewed by Connie Livingston RN, BS, FACCE, LCCE, CD(DONA), ICCE, IAT

Always setting the bar high for innovation in education, the new *Understanding Birth* 2nd Edition does not disappoint either the educator or the viewer. *Understanding Birth* may be the only DVD an educator will have to purchase, with its powerful 3D computer-generated graphics, 4D ultrasound images showing fetal development, new birth footage with a diverse mix of families, and evidence-based information.

This new edition comes with two discs. The first disc is divided into eight chapters: (1) Understanding Pregnancy (which covers the last trimester and includes fetal development, discomforts of pregnancy: both emotional and physical; labor warning signs; and prenatal exercise), (2) Understanding Labor (includes signs of prelabor, onset of labor, stages and phases of labor with 3D computer animation, importance of skin-to-skin contact just after birth), (3) Christina's Birth (an unmedicated birth with mother on hands/knees for the birth, with an emphasis on natural coping techniques and partner support during labor), (4) Understanding Comfort Techniques (discusses/reviews the use of breathing, focusing, effleurage/massage, gravity positive positioning, birth balls, specific relief techniques for back labor, guided imagery/visualization, hydrotherapy and helpful suggestions for labor partners), (5) Understanding Medical Procedures (features the importance of developing and using a birth plan while

discussing induction and augmentation; fetal heart monitoring; IV fluids; and pain medication options.), (6) Understanding Cesarean Birth (explains the reasons for a cesarean delivery, shows the surgical procedure with 3D animation, talks about the feelings and procedures of an unplanned cesarean, discusses the feelings and procedures of a planned family-centered birth, and describes recovery differences in contrast to vaginal birth), (7) Understanding Newborns (explores immediate post-birth newborn procedures with an emphasis on skin-to-skin mother-baby contact, normal newborn appearance and characteristics, first feedings and some infant safety), and (8) Understanding Postpartum (explains involution, stages of lochia, peri care, rooming in, postpartum emotions: blues and postpartum depression, some breastfeeding and the need for postpartum emotional/physical support).

The 2nd Edition features all new expectant parents, not recycled footage from previous videos which is a plus.

The second bonus DVD is ideal for more condensed class schedules, such as weekend classes. Called *Understanding Birth Express*, it features four chapters (1) Pregnancy, (2) Labor, (3) Medical Procedures, and (4) Cesarean Birth.

Along with the two DVD set, the educator can also make use of the outstanding "See What You Read" booklet available for *Understanding Birth*. Expectant parents can use this

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135 mins.
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48 mins
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Available in English and Spanish

innovative 70 page booklet to enhance learning by reading and accessing SeeWhatYouRead.com to review missed or misunderstood information. Each booklet comes with a personal PIN number which gives the expectant parent exclusive access to the website for 6 months from the first log in. From the website, parents can review topics with more than 50 short video clips from the comfort of their home, print out checklists and other handouts, and obtain additional information from the web links to connect to other birth and parenting websites.

The booklet also has photos from the 3D animation in *Understanding Birth*, charts and diagrams, partner tips and a glossary/index section. With this booklet, an educator may not need another class manual.

If educators want one DVD to cover all of the topics presented in most childbirth education classes, OR if doulas want one DVD to review with clients, this is the ideal DVD to purchase. And with all of the pluses connected with *Understanding Birth* and Injoy Videos, education just got a lot easier!