

Understanding Birth 4th Edition: Preview Guide

Thank you for previewing **Understanding Birth 4th Edition!** This video program is available in two packages: **Basic (Fundamentals, available on DVD and USB)** and **Premium (Comprehensive, available on USB)**. As you preview the clips, use this chart as a guide to let you know which clips are included in each package, so you can choose the package that works best for you.

Please note that the premium version has several prebuilt playlists that include clips from the full program and provide additional flexibility for educators. These playlists are listed below for your reference. The premium package also includes the ability for you to create and save your own customized playlists—so you can tailor a playlist for a certain class or instructor (this feature is not included in the preview but comes standard on the USB).

We invite you to get comfortable and enjoy your preview! Please contact us at 800-326-2082 x2 with any questions and to place your order.

Clip Length	Basic Video Package	Premium Video Package			
		Full Program	Express Playlist	Birth Stories Playlist	Essential Review Playlist

Welcome

Your Empowered Birth	3:42		✓	✓		
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Chapter 1: Pregnancy

3rd Trimester Overview	3:31	✓	✓	✓		
Emotions	4:01		✓			
Anatomy	1:58	✓	✓	✓		✓
Discomforts	4:07		✓	✓		
Nutrition	4:12		✓			
Preterm Labor	3:32	✓	✓	✓		✓
Healthy Choices	4:06		✓			
Exercise	2:37		✓			
Preeclampsia & Warning Signs	3:33	✓	✓	✓		✓
Pregnancy Summary	1:25		✓			✓

Amy's Preterm Labor Story	3:18		✓		✓	
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Chapter 2: Labor

Signs Labor Is Near	4:31	✓	✓	✓		
The 5 P's of Labor	4:17		✓			
Onset & Overview of Labor	3:37	✓	✓	✓		
1st Stage - Early Labor	3:05	✓	✓	✓		
1st Stage - Active Labor	3:11	✓	✓	✓		
Internal Rotation	2:13		✓			
1st Stage - Transition	2:16	✓	✓	✓		
2nd Stage - Contractions & Pushing	3:53	✓	✓	✓		
2nd Stage - Descent & Birth	3:16	✓	✓	✓		
3rd Stage - Skin-to-Skin Contact	2:28		✓			
3rd Stage - Placenta Delivery	1:27	✓	✓	✓		
4th Stage - Recovery	2:24	✓	✓	✓		
Labor Summary	2:04		✓			✓

Chapter 3: Birth Stories

Esmeralda & Ashlei-Two Birth Stories	11:59	✓	✓	✓	✓	
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Chapter 4: Comfort Techniques

Labor Is Natural	2:40		✓			
Birth Preferences Plan	3:03		✓			
Your Support Team	4:00		✓	✓		

Relaxation & Mindfulness Techniques	5:01	✓	✓	✓		
Physical Techniques	4:14	✓	✓	✓		
Labor Positions	5:32	✓	✓	✓		
Pushing Positions	3:24	✓	✓	✓		
Comfort Techniques Summary	2:23		✓			✓
Alexis's Birth Story	8:03		✓		✓	

Chapter 5: Medical Procedures

Informed Decision Making	3:48	✓	✓	✓		
Inducing Labor	5:20	✓	✓	✓		
Monitoring	5:20	✓	✓	✓		
Analgesics	2:53		✓	✓		
Nitrous Oxide	2:15		✓	✓		
Epidural Anesthesia	7:27	✓	✓	✓		
Labor Positions with Epidural Anesthesia	5:35		✓			
Augmenting Labor	3:49	✓	✓			
2nd Stage Interventions	3:11		✓	✓		
Medical Procedures Summary	3:08		✓			✓
Jini's Birth Story	7:02		✓		✓	

Chapter 6: Cesarean Birth

Cesarean Overview	5:55	✓	✓	✓		
Preparation & Procedure	5:19	✓	✓	✓		
Recovery & Breastfeeding	4:57		✓	✓		

Cesarean Birth Summary	2:24		✓			✓
Sara's Birth Story	10:57		✓		✓	
Olga's Birth Story	5:04		✓		✓	

Chapter 7: Newborns

Newborn Appearance	3:11		✓			
Newborn Procedures-First Hours	4:29	✓	✓	✓		
Newborn Procedures & Rooming-in-First Days	5:01	✓	✓	✓		
A Newborn's World	4:43		✓			
Crying & Comfort Techniques	4:08		✓	✓		
Sleep Patterns & Safe Sleep	5:59	✓	✓	✓		
Newborn Summary	3:42		✓			✓
A NICU Story	5:42		✓		✓	

Chapter 8: Postpartum

Your Physical Recovery	4:44	✓	✓	✓		
Breastfeeding Basics	6:04		✓			
New Parent Emotions	3:59	✓	✓	✓		
Perinatal Mood & Anxiety Disorders	5:52	✓	✓	✓		
Self-Care for New Parents	3:50		✓			
Postpartum Warning Signs	2:20	✓	✓	✓		✓
Postpartum Summary	3:26		✓			✓

Kelly's Postpartum Anxiety Story	2:54		✓		✓	
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