



**New!**

Complete Postpartum  
Teaching Solution

See pages  
3 & 16-17



# Real Perinatal Teaching Solutions

**2024 Product Guide**

Multi-Format • Customizable  
Multiple Languages • Accessibility Features

[InJoyHealthEducation.com](https://InJoyHealthEducation.com) • 800.326.2082

Updated & Redesigned!



## Understanding Birth Curriculum

See pages 12-13 for more information.

Updated & Redesigned!



## Understanding Breastfeeding Curriculum

Includes all new videos!

See pages 14-15 for more information.

Updated & Redesigned!



## Understanding Your Newborn Curriculum

Includes all new videos!

See pages 18-19 for more information.

## Table of Contents

- |           |  |           |                          |
|-----------|--|-----------|--------------------------|
| <b>2</b>  | New From InJoy                         | <b>20</b> | Specialty Curriculums    |
| <b>4</b>  | Curriculum Overview<br>& Customization | <b>25</b> | Perinatal Loss Resources |
| <b>6</b>  | Curriculum Formats                     | <b>26</b> | Additional Video Titles  |
| <b>10</b> | Core Curriculum Details                | <b>30</b> | Educator Resources       |
|           |  | <b>31</b> | Index of Product Titles  |



## Complete Postpartum Teaching Solution

This multi-format patient education curriculum extends postpartum education from pregnancy—when parents can focus and learn best—through the first 6 months at home after birth, including materials for special situations.



**Provide the following during the 3rd trimester:**

**New!** Preparing For Your Hospital Stay & Recovery: Express Online Module (See page 17 for more information)



**Teach at the bedside with the following products that parents take home to continue learning:**

**Newly Updated!** Understanding Postpartum Health & Baby Care: Book + Guided Learning Web App (See page 16 for more information)



**New!** For special situations: Understanding Self-Care After Birth Web App & Video Program (See page 17 for more information)



Aligns with questions asked on the HCAHPS survey



Includes multiple languages, accessibility features, and over 50 videos



Connects parents to your local resources when you use customization options

Learn More at [InJoyHE.com/PostpartumSolution](https://InJoyHE.com/PostpartumSolution)

# Our Complete Curriculums

InJoy's multi-format curriculums help 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 digital product support, allowing you to focus on what you do best—caring for families!

## Learn More About Our Curriculums

Call 800.326.2082 or visit our website at [InJoyHealthEducation.com/Complete-Curriculums](https://InJoyHealthEducation.com/Complete-Curriculums)



## Core Curriculum Titles



Understanding Pregnancy  
Page 10



Understanding the NICU &  
Your Baby  
Page 21



Understanding Birth  
Page 12



Understanding Your  
Multiples  
Page 22



Understanding Breastfeeding  
Page 14



Understanding Infant &  
Child Safety  
Page 23



Understanding Postpartum  
Health & Baby Care and  
Postpartum Solution Products  
Page 16



Understanding  
Fatherhood  
Page 24



Understanding Your Newborn  
Page 18



Understanding  
Grandparenting  
Page 25



Curriculum spans topics and formats. Learn more on pages 10-25.

## Our Content. Your Brand.

Customize our curriculums 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 our team to help you tailor your education solution and get you up and running quickly. Print and digital formats can be customized.



Your brand could be here!

### Create your custom solution in 3 easy steps!

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 Curriculum Formats

InJoy's curriculum materials are designed for a wide range of teaching settings. Consistent, evidence-based education is presented across formats, so you can feel good knowing that everyone is receiving the same information.

## Formats Used by Educators



### Video on DVD & USB

Explain concepts clearly and spark conversations.

Usage: Prenatal classes, Private sessions, Bedside education



### PowerPoint

Standardize your teaching using customizable slides with embedded videos.

Usage: Prenatal classes, Private sessions



### Educator Media Library

Present engaging videos and slides on demand from a convenient website.

Usage: Prenatal classes, Private sessions

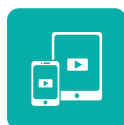
## Formats Used by Parents



### Books + Web Apps

Provide a printed reference to reinforce your teaching—each book includes a web app with videos!

Usage: Prenatal classes, Private sessions, Bedside education



### Web Apps

Provide a paperless mobile reference guide full of videos and tools.

Usage: Prenatal classes, Private sessions, Bedside education



### Online Education

Reach more expectant parents in your community by offering self-paced online eClasses.

Usage: Independent learning, Blended prenatal classes (see page 8), Antepartum units

## Additional Formats



### Digital Delivery Licensing

Distribute video content through your facility's patient education system or classroom intranet.

Usage: Bedside education, Prenatal classes



## Deep Dive: Books + Web Apps

### Books + Web Apps

InJoy's complete line of books + web apps provides commercial-free reference material on a variety of topics to accompany class and bedside learning.

Each colorful book includes a companion web app with a video library and practical tools for families to use from their own phone, tablet, or computer. Access instructions and a unique redemption code are printed in each book.

### Education you can trust.

- Reviewed and updated regularly
- High-quality videos explain concepts
- Average a 6th grade reading level with plain, gender-neutral language and images that represent a variety of families
- Professionally designed and ready to use
- Reinforce your teaching using two formats



See pages 10-21 for specific titles



## Deep Dive: eClasses

### InJoy's Suite of eClasses

Including self-paced online eClasses in your education program alongside virtual and in-person classes allows you to reach more parents.

The eClasses are even branded to your organization and include information about your services. We create and update the classes—you enroll parents as you normally do and just send them the eClass link!

#### Different ways to offer eClasses:

- **Self-Directed eClass:** Learners take the eClass working at their own pace and time, independent from a live class.
- **Blended Class:** Learners complete the eClass first, followed by a short in-person or virtual class with an educator. **Ask us about our new Blended Learning Lesson Planner!**

#### Who can you reach with InJoy's eClasses?



Busy Families



Digital Natives



Non-English Speakers



Parents on Bed Rest

#### InJoy's eClasses Make the Grade!

- ✔ Confidence levels increased by 25-50% after taking the eClass
- ✔ 85% rated the eClass as outstanding or very good
- ✔ 91% felt the amount of time and effort was just right

These numbers reflect survey answers from approx. 7,000 eClass learners throughout the country.



Classes come standard with access in 8 languages at no additional cost:

English	Portuguese	German	Arabic
Spanish	Chinese	French	Japanese

## Core Classes

Offer your general curriculum to a wide audience.

- **New version!** Understanding Birth (see page 13)
- **New version!** Understanding Breastfeeding (see page 5)
- **New version!** Understanding Your Newborn (see page 19)
- Understanding Pregnancy (see page 11)
- Understanding Postpartum Health & Baby Care (see page 17)
- Understanding Infant & Child Safety (see page 23)

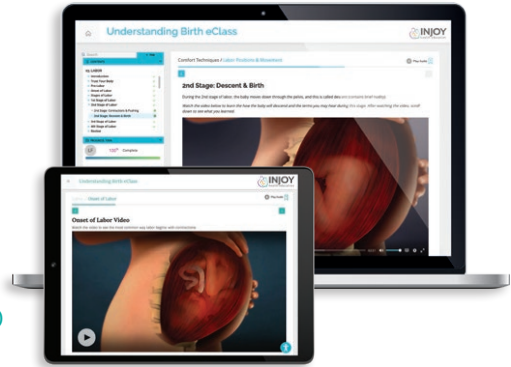
Our eClasses are video-rich, compatible with computers and mobile devices, and include accessibility features.

Put your logo here!

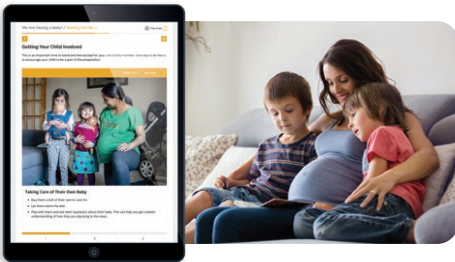
## Specialty Classes

Target parents in specific situations.

- Understanding Cesarean Birth
- Understanding Your Multiples (see page 22)
- Understanding Fatherhood (see page 24)
- Understanding Grandparenting (see page 25)

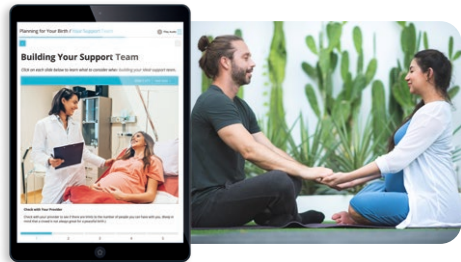


## New Specialty Classes



### New! Understanding Sibling Preparation

Teaches parents how to support their child in becoming a big brother or sister, and includes fun lessons to do together.



### New! Understanding Natural Childbirth Techniques

Highlights the philosophy behind natural childbirth and provides a more in-depth practice of comfort measures for labor.



## Understanding Pregnancy

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 animations, personal stories, and the latest ACOG guidelines.

### Content Includes:

- Fetal Development
- Medical Care
- Nutrition
- Exercise
- Discomforts
- Hazards
- Emotions



2020 Update

### VIDEO ON DVD & USB

78 min. Includes express, trimester, and fetal animation playlists, Facilitator's Guide, and Parent Handouts

DVD or USB English or Spanish **\$299.95**

### DIGITAL VIDEO LICENSING

Watch the video program through your patient education system. [Call for details.](#)



### PRINTED BOOK + WEB APP



REGULARLY REVIEWED & UPDATED  
CUSTOMIZATION AVAILABLE

**Book:** 8½" x 11" full-color, 52 pages

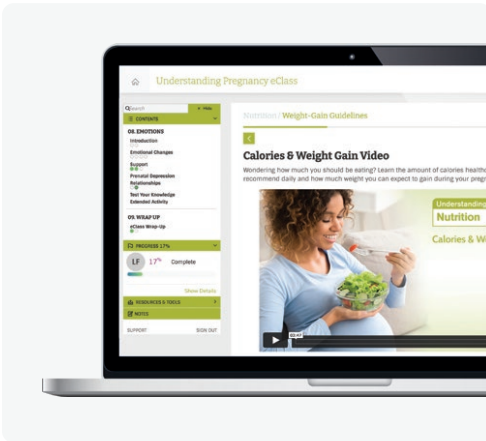
**Web App:** Includes videos, on-screen text, parent tools, checklists, resources, and more. Compatible with computers and mobile devices. Available in English & Spanish. Includes accessibility features.

Web app available without book.  
Affordable pricing based on quantity.  
[Call 800.326.2082 for details.](#)



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

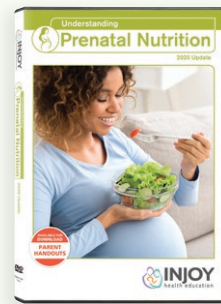
Scan for  
more details!



## ONLINE EDUCATION (eCLASS)

REGULARLY REVIEWED & UPDATED  
CUSTOMIZATION AVAILABLE

Takes 3-4 hours to complete. Includes videos, on-screen text, interactive exercises, quizzes, handouts, tools, progress tracking, and completion certificate. Compatible with computers and mobile devices. Includes access in multiple languages (see page 9) and accessibility features. **Call 800.326.2082 for details.**



ALSO AVAILABLE:

## Understanding Prenatal Nutrition DVD

See page 27



# Understanding Birth



This go-to resource for childbirth education has been redesigned for today's parents and expanded to cover all the current teaching points and latest information.

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



4th Edition

## VIDEO ON DVD & USB

**PREMIUM PACKAGE: COMPREHENSIVE**  
 4.5 HOURS/68 CLIPS Includes extended content, express version, customizable playlists, Facilitator's Guide, and Parent Handouts.

USB 4th Edition English **\$549.95**

**BASIC PACKAGE: FUNDAMENTALS**  
 2.5 HOURS/32 CLIPS Includes Facilitator's Guide and Parent Handouts.

DVD or USB 4th Edition English **\$424.95**

DVD or USB 4th Edition Spanish **\$324.95**



4th Edition

## POWERPOINT PROGRAM

**INCLUDES ABILITY FOR YOU TO CUSTOMIZE!**

Includes approx. 200 slides, 68 video clips with optional closed captions, User's Guide, Facilitator's Guide, and Parent Handouts. Windows & Mac compatible. Requires USB port and Microsoft PowerPoint software.



PowerPoint USB 4th Edition English **\$699.95**

PowerPoint USB 4th Edition Spanish **\$499.95**

## DIGITAL VIDEO LICENSING

Watch the video program through your patient education system. [Call for details.](#)



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

Scan for more details!



New Design!



## PRINTED BOOK + WEB APP

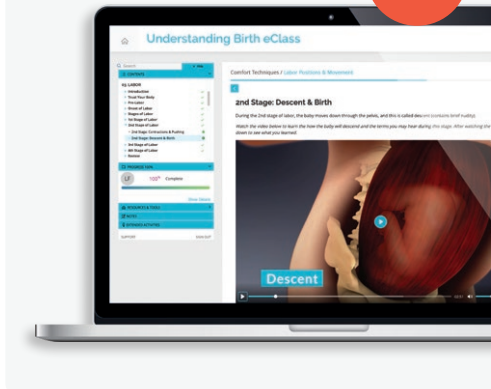
REGULARLY REVIEWED & UPDATED  
CUSTOMIZATION AVAILABLE

**Book:** 8.25" x 10.875" full-color, 72 pages

**Web App:** Includes videos, parent tools, eBook, checklists, resources, and more. Compatible with computers and mobile devices. Available in English & Spanish. Includes accessibility features.

Web app available without book. Affordable pricing based on quantity. [Call 800.326.2082](tel:800.326.2082) for details.

New Version!



## ONLINE EDUCATION (eCLASS)

REGULARLY REVIEWED & UPDATED  
CUSTOMIZATION AVAILABLE

Takes 6-8 hours to complete. Includes videos, on-screen text, interactive exercises, quizzes, handouts, tools, progress tracking, and completion certificate. Compatible with computers and mobile devices. Includes access in multiple languages (see page 9) and accessibility features. [Call for details.](#)

## EDUCATOR MEDIA LIBRARY

Easy-to-use educator website with a video and slide streaming library for use during virtual or in-person classes or private sessions. Includes access in English & Spanish. [Call for details.](#)

New Format!



# Understanding Breastfeeding

Following the International Lactation Consultant Association (ILCA) recommendations and American Academy of Pediatrics (AAP) guidelines, InJoy's evidence-based *Understanding Breastfeeding* curriculum helps improve chances of exclusive breastfeeding 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!**

**3rd Edition**

## VIDEO ON DVD & USB

44 min. Plus bonus clips on milk expression, Facilitator's Guide, and Parent Handouts.

DVD or USB 3rd Edition English or Spanish  
**\$299.95**

## DIGITAL VIDEO LICENSING

Watch the video program through your patient education system. **Call for details.**

Ask us about our online staff development program, ***Practices to Increase Exclusive Breastfeeding.***

**New Edition!**

**3rd Edition**

## POWERPOINT PROGRAM

**INCLUDES ABILITY FOR YOU TO CUSTOMIZE!**



Main presentation includes 77 slides, 16 video clips with optional closed captions. Includes bonus slideshow with videos on expressing and storing milk. Includes User's Guide, Facilitator's Guide, and Parent Handouts. Windows & Mac compatible. Requires USB port and Microsoft PowerPoint software.

PowerPoint USB 3rd Edition English **\$399.95**

PowerPoint USB 2nd Edition Spanish **\$369.95**

(New Spanish edition coming soon)



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

Scan for more details!



**New Edition** & Web App!

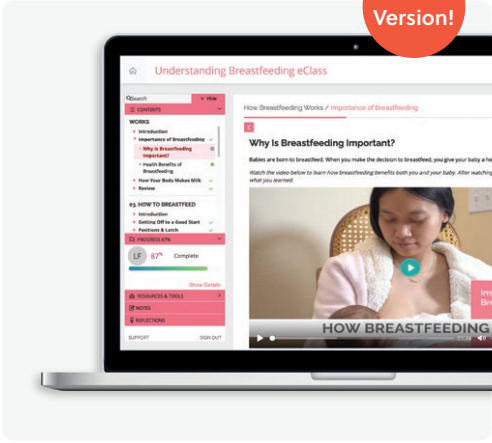


### PRINTED BOOK + WEB APP

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. Available in English & Spanish.
- Web app available without book.
- Call 800.326.2082 for details.**

**New Version!**



### ONLINE EDUCATION (eCLASS)

REGULARLY REVIEWED & UPDATED  
CUSTOMIZATION AVAILABLE

- Takes 2-4 hours to complete. Includes videos, on-screen text, interactive exercises, quizzes, handouts, tools, progress tracking, and completion certificate. **Call for details.**

### NEW! TEAR PADS

50 sheets per pad, 8½" x 11" full-color. Available in English with Spanish on reverse. Includes QR code to related video. **\$29.95 per tear pad**

**New!**

- Top Breastfeeding Myths
- Why Babies Breastfeed Often
- Pumping & Storing Breastmilk



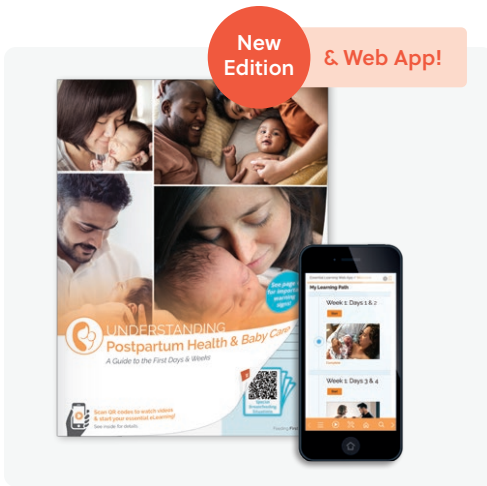


## Understanding Postpartum Health & Baby Care

InJoy's *Understanding Postpartum Health & Baby Care* curriculum and Complete Postpartum Teaching Solution products make it easy for you to teach parents from pregnancy, to the bedside after birth, to home.

### Content Includes:

- Warning Signs
- Patient Satisfaction
- Newborn Care & Safety
- Feeding
- Infant Development
- Special Situations: Self-Care Without Baby, Perinatal Bereavement (see p. 20), NICU (see p. 21)



### PRINTED BOOK + WEB APP

REGULARLY REVIEWED & UPDATED  
CUSTOMIZATION AVAILABLE  
BABY-FRIENDLY VERSION AVAILABLE

**Book:** 8½" x 11" full-color, 52 pages

**Web App:** Includes learning path with extended content to 6 months, videos, tools, parent polls, eBook, recurring emails, and more. Compatible with computers and mobile devices. Book available in English & Spanish. Web app available in 8 languages. Includes accessibility features.

Web app available without book. Affordable pricing based on quantity. **Call 800.326.2082 for details.**

**Formula Feeding Tear Pad available. See page 19 for details.**

### VIDEO ON DVD & USB

73 min. Includes express versions, customizable playlists (USB), Facilitator's Guide, and Parent Handouts.




DVD or USB Baby-Friendly or Standard Version English or Spanish **\$299.95**

### DIGITAL VIDEO LICENSING

Watch the video program through your patient education system. **Call for details.**



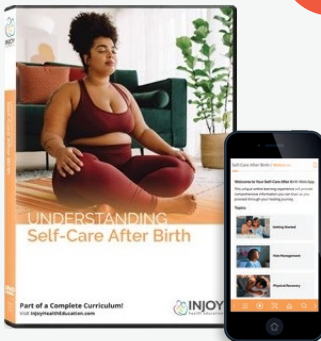


-  Suitable for Baby-Friendly hospitals
-  Available in English and Spanish
-  Digital products for patients available in multiple languages

Scan for more details!



New!



## VIDEO & WEB APP

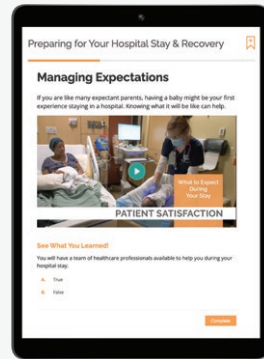
### Understanding Self-Care After Birth

Sold separately, these resources are for patients leaving the hospital without their baby for reasons like adoption, surrogacy, legal issues, infant loss or if the infant is admitted to the NICU. They cover postpartum self-care in the days and weeks after birth with sensitivity to their situation by excluding information about infant care and images of newborns.

Video: 18 min. English **\$249.95**  
(Spanish coming soon)

Web App: [Call for details.](#)

New!



## ONLINE EDUCATION

### Preparing for Your Hospital Stay & Recovery: Express Online Module

DELIVER INFO WHEN PATENTS CAN RETAIN IT

Designed for universal patient distribution during pregnancy, this concise module prepares expectant parents for a positive patient experience and educates them about postpartum and newborn warning signs. [Call for details.](#)

**Also available:**

[Understanding Postpartum Health & Baby Care Comprehensive Online eClass](#)

See pages 8-9 for details.



# Understanding Your Newborn

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

## Content Includes:

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



## VIDEO ON DVD & USB

60 min. Main program covers breastfeeding only. Includes version of program with alternative feeding methods to play at your option. Includes express versions, Facilitator's Guide, and Parent Handouts.

2nd Edition DVD or USB English **\$299.95**

1st Edition DVD or USB Spanish **\$249.95**

## DIGITAL VIDEO LICENSING

Watch the video program through your patient education system. [Call for details.](#)



## POWERPOINT PROGRAM

**INCLUDES ABILITY FOR YOU TO CUSTOMIZE!**



Main presentation includes 103 slides, 20 video clips with optional closed captions. Includes additional presentation with video clip on safe feeding of breastmilk substitutes to play at your option. Includes User's Guide, Facilitator's Guide, and Parent Handouts. Windows & Mac compatible. Requires USB port and Microsoft PowerPoint software.

2nd Edition PowerPoint USB English **\$399.95**

1st Edition PowerPoint USB English **\$369.95**

(New Spanish Edition Coming Soon)



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

Scan for more details!

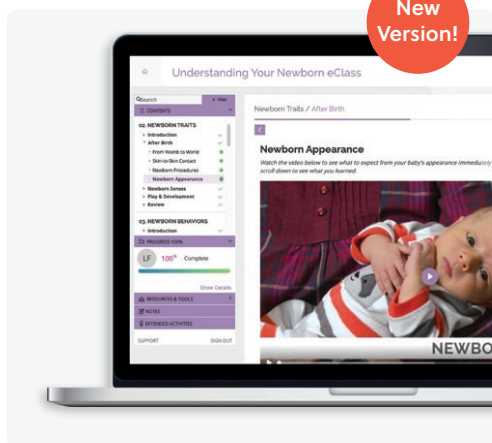


New Edition

&amp; Web App!



New Version!



## 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. Available in English & Spanish. Includes accessibility features.

Web app available without book.  
Affordable pricing based on quantity.  
[Call 800.326.2082 for details.](tel:800.326.2082)

## FORMULA & BOTTLE FEEDING TEAR PADS

50 sheets per pad, 8½" x 11" full-color. Available in English & Spanish. **\$29.95 per tear pad**

## ONLINE EDUCATION (eCLASS)

REGULARLY REVIEWED & UPDATED  
CUSTOMIZATION AVAILABLE

Takes 2-3 hours to complete. Includes videos, on-screen text, interactive exercises, quizzes, handouts, tools, progress tracking, and completion certificate. Compatible with computers and mobile devices. Includes access in multiple languages (see page 9) and accessibility features. [Call for details.](#)



## A Guide to Grief & Healing After the Loss of Your Baby

Help families 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)



### 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. Includes accessibility features.

Book + web app available in English & Spanish. Web app available without book. Affordable pricing for organizations of all sizes. [Call 800.326.2082](tel:800.326.2082) for details.

### DIGITAL VIDEO LICENSING

Watch the video program through your patient education system. [Call for details.](#)



## Understanding the NICU & Your Baby



With the current emphasis on family-centered care in the NICU, you need an effective way to educate and engage a diverse group of parents. 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 Baby & Feeding Information
- Discharge Preparation, Self-Care for Parents, & Life at Home



Video on DVD and USB



Printed book + web app

### VIDEO ON DVD & USB

Approx. 75 min. Includes Facilitator's Guide and Parent Handouts.

DVD or USB English or Spanish **\$399.95**

### DIGITAL VIDEO LICENSING

Watch the video program through your patient education system. [Call for details.](#)

### 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. Includes accessibility features.

Web app available without book and also available in Spanish. Affordable pricing for organizations of all sizes. [Call 800.326.2082 for details.](tel:800.326.2082)



## Understanding Your Multiples

Expand your education program and provide comprehensive information to parents expecting multiples.

### Content Includes:

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



Video on DVD and USB



PowerPoint program



Online education



Web app

### VIDEO ON DVD & USB

Approx. 60 min. Includes Facilitator's Guide and Parent Handouts.

DVD or USB English **\$299.95**

### DIGITAL VIDEO LICENSING

Watch the video program through your patient education system. [Call for details.](#)

### POWERPOINT PROGRAM

**INCLUDES ABILITY FOR YOU TO CUSTOMIZE!**

Includes 62 slides, 15 video clips with optional closed captions, User's Guide, Facilitator's Guide, and Parent Handouts. Windows & Mac compatible. Requires USB port and Microsoft PowerPoint software.

USB PowerPoint English **\$399.95**

### ONLINE EDUCATION (eCLASS)

**REGULARLY REVIEWED & UPDATED  
CUSTOMIZATION AVAILABLE**

Takes 3-5 hours to complete. Includes videos, on-screen text, interactive exercises, quizzes, handouts, tools, progress tracking, and completion certificate. Compatible with computers and mobile devices. Includes access in multiple languages (see page 9) and accessibility features. [Call 800.326.2082 for details.](#)

### WEB APP

Regularly reviewed and updated. Customization available. Includes videos, on-screen text, parent tools, checklists, resources, and more. Compatible with computers and mobile devices. Includes accessibility features.



## Understanding Infant & Child Safety

Provide current and essential information drawn from a variety of respected safety organizations all in one reassuring curriculum.

### Content Includes:

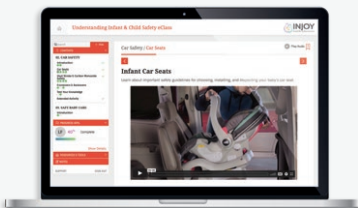
- Car Safety
- Home Safety
- Safe Baby Care
- Poisons
- Safety Products
- Emergency Preparedness



Video on DVD and USB



PowerPoint program



Online education

### VIDEO ON DVD & USB

40 min. Includes Facilitator's Guide and Parent Handouts.

DVD or USB English or Spanish **\$249.95**

### DIGITAL VIDEO LICENSING

Watch the video program through your patient education system. **Call for details.**

### POWERPOINT PROGRAM

**INCLUDES ABILITY FOR YOU TO CUSTOMIZE!**

Includes 60 slides, 11 video clips with optional closed captions, User's Guide, Facilitator's Guide, and Parent Handouts. Windows & Mac compatible. Requires USB port and Microsoft PowerPoint software.

PowerPoint USB English **\$369.95**

### ONLINE EDUCATION (eCLASS)

**REGULARLY REVIEWED & UPDATED  
CUSTOMIZATION AVAILABLE**

Takes 2-3 hours to complete. Includes videos, on-screen text, interactive exercises, quizzes, handouts, tools, progress tracking, and completion certificate. Compatible with computers and mobile devices. Includes access in multiple languages (see page 9) and accessibility features. **Call 1-800-326-2082 for details.**



## Understanding Fatherhood



Designed with input from fatherhood educators, Understanding Fatherhood covers pregnancy, birth, and babies from a new dad's perspective.

### Content Includes:

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



Video on DVD and USB



PowerPoint program



Online education

### VIDEO ON DVD & USB

40 min. Includes Facilitator's Guide and Parent Handouts.

DVD or USB English or Spanish \$249.95

### DIGITAL VIDEO LICENSING

Watch the video program through your patient education system. [Call for details.](#)

### POWERPOINT PROGRAM

INCLUDES ABILITY FOR YOU TO CUSTOMIZE!

Includes 60 slides, 11 video clips with optional closed captions, User's Guide, Facilitator's Guide, and Parent Handouts. Windows & Mac compatible. Requires USB port and Microsoft PowerPoint software.

PowerPoint USB English \$369.95

### ONLINE EDUCATION (eCLASS)

REGULARLY REVIEWED & UPDATED  
CUSTOMIZATION AVAILABLE

Takes 3 hours to complete. Includes videos, on-screen text, interactive exercises, quizzes, handouts, tools, progress tracking, and completion certificate. Includes access in multiple languages (see page 9) and accessibility features. [Call 1-800-326-2082 for details.](#)





## Understanding Grandparenting

Help grandparents understand what's changed since raising their children and how they play an important role in their grandchild's life.

### 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



Video on DVD and USB



PowerPoint program



Online education

### VIDEO ON DVD & USB

35 min. Includes Facilitator's Guide and Grandparent Handouts.

DVD or USB English or Spanish **\$249.95**

### DIGITAL VIDEO LICENSING

Watch the video program through your patient education system. **Call for details.**

### POWERPOINT PROGRAM

**INCLUDES ABILITY FOR YOU TO CUSTOMIZE!**

Includes approx. 50 slides, 14 video clips with optional closed captions, User's Guide, Facilitator's Guide, and Grandparent Handouts. Windows & Mac Compatible. Requires USB port and Microsoft PowerPoint software.

PowerPoint USB English **\$369.95**

### ONLINE EDUCATION (eCLASS)

**REGULARLY REVIEWED & UPDATED  
CUSTOMIZATION AVAILABLE**

Takes 2-3 hours to complete. Includes videos, on-screen text, interactive exercises, quizzes, handouts, tools, progress tracking, and completion certificate. Includes access in multiple languages (see page 9) and accessibility features. **Call 1-800-326-2082 for details.**



## Video in Flexible Formats

Video is an indispensable resource in your teaching toolkit! It sparks discussion and increases understanding. Most of InJoy's programs are available in your choice of 3 formats.



### 1 DVD

This standard digital video disc plays on a DVD player or computer with a disc drive. All DVDs feature easy-to-use menus.



### 2 USB

With InJoy's specially designed Video USB flash drives, you can teach right from your laptop, even if it doesn't have a DVD drive!

- No WiFi needed
- It's small, portable, and less likely to break
- Attractive menu makes clip selection easy
- Certain titles include the ability to create and save your own custom playlists



### 3 Digital Video Delivery License

Distribute InJoy's high-quality, evidence-based programs using your facility's network with a Digital Video Delivery License

#### Use With:

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



## Prenatal Care

**Understanding Prenatal Nutrition** DVD English or Spanish, 15 min. **\$99.95**

**Alcohol & Pregnancy: Making Healthy Choices** DVD English or Spanish, 14 min. **\$99.95**

**You Can Quit! How to Stop Smoking During Pregnancy** DVD English or Spanish, 18 min.  
**Clearance\*: \$24.95**



## Labor & Delivery

**The Stages of Labor 3rd Edition: A Visual Guide** DVD or USB, English or Spanish, 34 min. **\$289.95**

**Pain Management for Childbirth (Set)**  
Volume 1: Comfort Techniques | Volume 2: Analgesics & Epidurals DVD English or Spanish, 29 min. per volume **Each \$199.95 | Set \$349.90**

**The Miracle of Birth 3** DVD English or Spanish, 51 min. **\$249.95**

**The Miracle of Birth 4** DVD English or Spanish, 61 min. **\$279.95**

**Positions for Labor: Maternal Movement and Optimal Fetal Positioning** DVD English or Spanish, 19 min. **\$149.95**

**Understanding Cesarean Birth**  
DVD English or Spanish, 19 min. **\$199.95**  
USB English, 19 min. **\$199.95**



## Breastfeeding & Nutrition

**Breastfeeding for Working Mothers: Planning, Preparing, & Pumping** DVD English or Spanish, 18 min. **\$119.95**

**Childhood Nutrition: Preventing Obesity (Set)**  
DVD English or Spanish, 22 min. per volume  
**Each \$99.95 | Set \$179.90**

### Titles for staff development:

**Breastfeeding Best Practice: Teaching Latch & Early Management** DVD English, 41 min. **\$249.95**

**Managing Early Breastfeeding Challenges** DVD English, 36 min. **\$249.95**



## Teen Health

*The Stages of Labor 3rd Edition: A Visual Guide for Teens* DVD or USB, English 3rd Edition or Spanish 2nd Edition DVD, 37 min. **\$279.95**

*Healthy Steps for Teen Parents 2nd Edition (3-Volume Set)*

Volume 1: Pregnancy | Volume 2: Labor & Birth  
Volume 3: Postpartum DVD English or Spanish, Approx. 30 min. per. **Each - \$199.95 | Set - \$499.85**

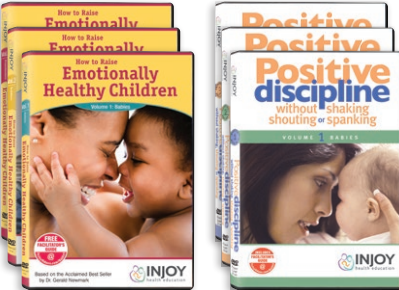


## Parenting

*Infant Car Seat Safety: How to Avoid Common Mistakes* DVD English or Spanish, 15 min. **\$124.95**  
USB English, 15 min. **\$124.95**

*7 Steps to Reduce the Risk of SIDS* DVD English or Spanish, 15 min. **\$124.95**

*Preventing Abusive Head Trauma: The Crying Connection* DVD English or Spanish, 15 min. **\$124.95**



*How to Raise Emotionally Healthy Children (3-Volume Set)* Volume 1: Babies | Volume 2: Toddlers | Volume 3: Preschoolers, Approx. 25 min. per volume **Each - \$124.95 | Set - \$299.85**

*Positive Discipline: Without Shaking, Shouting, or Spanking (3-Volume Set)* Volume 1: Babies | Volume 2: Toddlers | Volume 3: Preschoolers, Approx. 25 min. per volume **Each - \$124.95 | Set - \$299.85**



## Siblings

*Super Sibling: Preparing Children for a New Baby* DVD or USB English, 13 min. **\$249.95**

*Our Growing Family: A Story for Brothers & Sisters* DVD English, 16 min. **Clearance\*: \$49.95**

\*Clearance titles available while supplies last

Buy any 4-volume set  
**SAVE \$50!**



## Parenting BASICS DVDs

### *Nutrition (4-Volume Set)*

Volume 1: Birth-6 Months | Volume 2: 7-12 Months  
Volume 3: 1-Year-Olds | Volume 4: 2-Year-Olds  
DVD English or Spanish, 10-12 min. per volume  
**Each - \$99.95 | Set - \$349.95**

### *Health & Safety (4-Volume Set)*

Volume 1: Birth-6 Months | Volume 2: 7-12 Months  
Volume 3: 1-Year-Olds | Volume 4: 2-Year-Olds  
DVD English or Spanish, 10-12 min. per volume  
**Each - \$99.95 | Set - \$349.95**

### *Emotional Health & Positive Discipline (4-Volume Set)*

Volume 1: Birth-6 Months | Volume 2: 7-12 Months  
Volume 3: 1-Year-Olds | Volume 4: 2-Year-Olds  
DVD English or Spanish, 10-12 min. per volume  
**Each - \$99.95 | Set - \$349.95**

### *Self-Care for Moms (4-Volume Set)*

Volume 1: Birth-6 Months | Volume 2: 7-12 Months  
Volume 3: 1-Year-Olds | Volume 4: 2-Year-Olds  
DVD English or Spanish, 10-12 min. per volume  
**Each - \$99.95 | Set - \$349.95**

### *Fatherhood (4-Volume Set)*




Volume 1: Birth-6 Months | Volume 2: 7-12 Months  
Volume 3: 1-Year-Olds | Volume 4: 2-Year-Olds  
DVD English or Spanish, 10-12 min. per volume  
**Each - \$99.95 | Set - \$349.95**

Perfect for public health agencies!

## New Parent Clips for One-on-One Education

Includes 45 new & updated clips!

This updated comprehensive video library is a convenient way to teach using short video clips targeted to the unique needs of each client, increasing learner engagement and retention.

-  **Choose what you need** – Create your own collection of 10-75 clips, with topics ranging from pregnancy to parenting. Available in English & Spanish.
-  **Designed for mobile or virtual visits** – Play clips from your own device during in-person visits—no Wi-Fi or DVD players needed! Or, play a short clip during a virtual visit.
-  **Affordable** – Provide essential education for as little as \$2–\$5 per clip per device annually.





# Educator Resources



Get inspired! Our podcast features interviews with industry leaders who focus on transforming healthcare and improving parent education.

[InJoyHealthEducation.com/Podcast](https://InJoyHealthEducation.com/Podcast)

Also Available On:  

## InJoy Blog

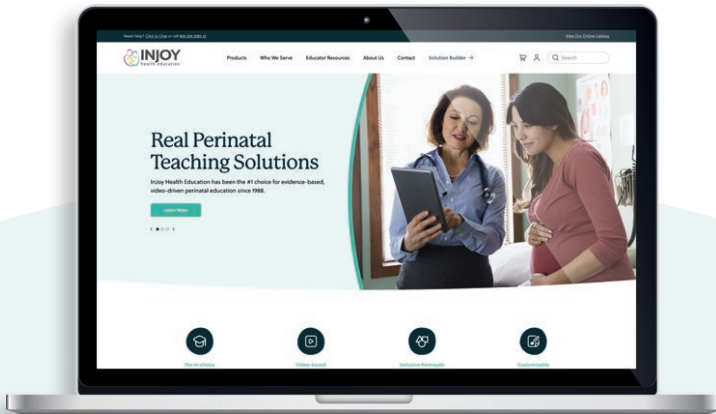
Wondering about how to split up your PowerPoint to cover the right info in the right class or how to set up a new grandparenting class? Find answers to these and other questions educators have on the InJoy Blog.

[InJoyHealthEducation.com/InJoy-Blog](https://InJoyHealthEducation.com/InJoy-Blog)

## InJoy Webinars

Join live or view recordings for insight on current trends and hands-on practice ideas.

[InJoyHealthEducation.com/Free-Webinars](https://InJoyHealthEducation.com/Free-Webinars)



To learn more about InJoy's teaching solutions, visit

[InJoyHealthEducation.com](https://InJoyHealthEducation.com)

PG	Title
28	7 Steps to Reduce the Risk of SIDS
27	Alcohol & Pregnancy
27	Breastfeeding Best Practice
27	Breastfeeding for Working Mothers
27	Childhood Nutrition
20	A Guide to Grief & Healing After the Loss of Your Baby
28	Healthy Steps for Teen Parents 2nd Edition
28	How to Raise Emotionally Healthy Children
28	Infant Car Seat Safety
27	Managing Early Breastfeeding Challenges
27	Miracle of Birth 3 & 4
29	New Parent Clips
28	Our Growing Family (Clearance Item)
27	Pain Management for Childbirth
29	Parenting BASICS
27	Positions for Labor
28	Positive Discipline
17	Preparing for Your Hospital Stay & Recovery Express Online Module
28	Preventing Abusive Head Trauma
28	Stages of Labor 3rd Edition for Teens
27	Stages of Labor 3rd Edition
28	Super Sibling
12	Understanding Birth Curriculum

PG	Title
14	Understanding Breastfeeding Curriculum
27	Understanding Cesarean Birth USB/DVD
9	Understanding Cesarean Birth eClass
24	Understanding Fatherhood Curriculum
25	Understanding Grandparenting Curriculum
23	Understanding Infant & Child Safety Curriculum
9	Understanding Natural Childbirth Techniques eClass
21	Understanding the NICU & Your Baby Curriculum
16	Understanding Postpartum Health & Baby Care Curriculum
10	Understanding Pregnancy Curriculum
27	Understanding Prenatal Nutrition
17	Understanding Self-Care After Birth
9	Understanding Sibling Preparation eClass
22	Understanding Your Multiples Curriculum
18	Understanding Your Newborn Curriculum
27	You Can Quit! How to Stop Smoking During Pregnancy (Clearance Item)

**Additional Titles Are Available at  
InJoyHealthEducation.com**

*Prices and products subject to change at any time without notice.*

*InJoy's products and services are intended for informational and educational purposes only and do not serve as medical advice. InJoy is committed to including diverse types of families in our materials, and we respect all individuals and the labels with which they identify.*

New from InJoy 



## Complete Postpartum Teaching Solution

Deliver effective postpartum education that starts in pregnancy and extends home after birth with these new and updated products.

Details on pages 16-17

Newly Updated!



## Understanding Breastfeeding Curriculum

Details on pages 14-15

Newly Updated!



## Understanding Your Newborn Curriculum

Details on pages 18-19

## 5 Easy Ways to Order!



**Online:**

[InJoyHealthEducation.com](http://InJoyHealthEducation.com)



**By Phone:**

800.326.2082



**By Email:**

[custserv@injoyhe.com](mailto:custserv@injoyhe.com)



**By Mail:**

InJoy Health Education  
7107 La Vista Place  
Longmont, CO 80503



**Fax:**

303.449.8788



7107 La Vista Place  
Longmont, CO 80503  
800.326.2082  
[InJoyHealthEducation.com](http://InJoyHealthEducation.com)

Follow us on social media!



PRSR STD  
U.S. Postage  
PAID  
InJoy Videos



Scan to request a preview or additional information on any of our products.