



PRENATAL CARE



LABOR & DELIVERY



POSTPARTUM  
& BABY CARE



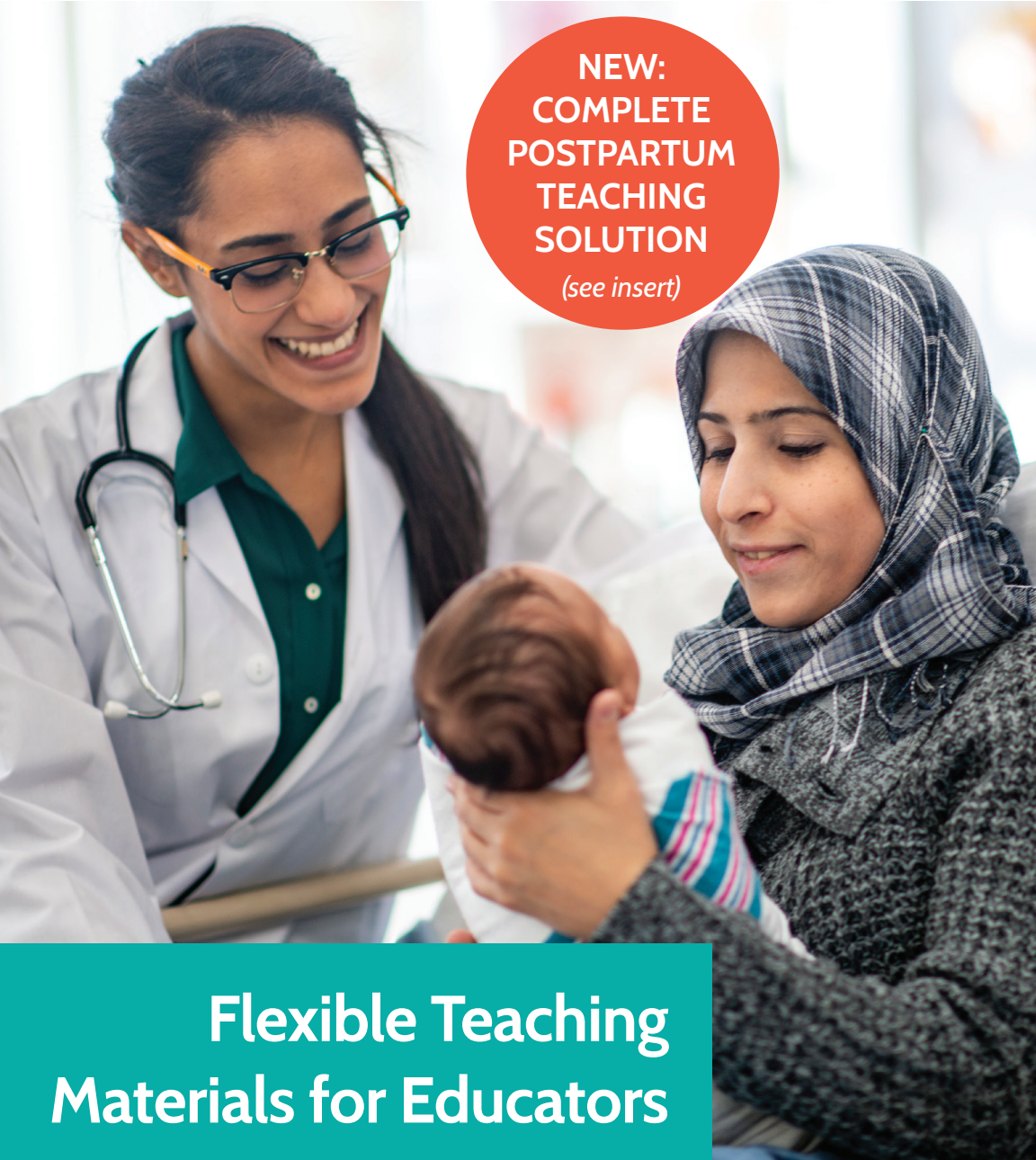
BREASTFEEDING  
& NUTRITION



EARLY PARENTING &  
CHILD DEVELOPMENT



STAFF  
DEVELOPMENT



**NEW:  
COMPLETE  
POSTPARTUM  
TEACHING  
SOLUTION**  
*(see insert)*

# Flexible Teaching Materials for Educators

2023 Spring Product Guide

Multi-Format | Customizable  
Multiple Languages | Accessibility Features



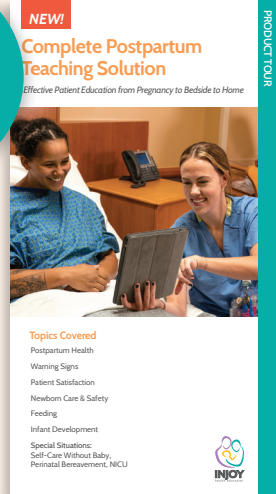
*Empowering families together.*

[InjoyHealthEducation.com](https://www.InjoyHealthEducation.com)

# Check Out These New

**UPDATED!**

**See  
Product  
Tour  
Insert**



**ALL-NEW VIDEO!**

**Complete Postpartum Teaching Solution**  
See pages 16-17 and the insert in the middle of the catalog

**NEW ECLASS!**



**Understanding Natural  
Childbirth Techniques eClass**

See page 9

**NEW ECLASS!**



**Understanding Sibling  
Preparation eClass**

See page 9

## TABLE OF CONTENTS

- 2 New From Injoy
- 4 Curriculum Overview & Customization
- 6 Books + Web Apps
- 8 Online Classes for Parents
- 10 Core *Understanding* Curriculums
- 20 Perinatal Loss Resources
- 21 Specialty Curriculums
- 26 Products for Public Health
- 27 Additional Video Titles
- 30 Resources for Educators
- 31 Index of Product Titles

# Releases From InJoy!

UPDATED & REDESIGNED



## Understanding Birth Curriculum

InJoy's flagship *Understanding Birth* curriculum is newly redesigned and expanded to include updated guidelines, all-new footage, a modern look, and more teaching formats—all with an emphasis on empowering expectant parents to have positive birth experiences.

### WHAT'S NEW IN THE CURRICULUM?

- Expanded video selection across all formats—up to 5 hours of all-new footage and birth stories
- More topics, including preeclampsia, PMADs, postpartum warning signs, labor positions with epidural, nitrous oxide, and more
- Create and save **custom video playlists** by class or educator with the Premium Video Package (see details on page 12)
- PowerPoint makeover includes a modern slide design and more interactive features (see details on page 12)
- Completely redesigned book + web app and eClass (see details on page 13)

## Virtual and In-Person Classes Made Easy!

InJoy's new *Understanding Birth Educator Media Library* is an easy-to-use website loaded with video clips and slides, providing a convenient way for multiple educators to teach simultaneously!



See page 13 for details.



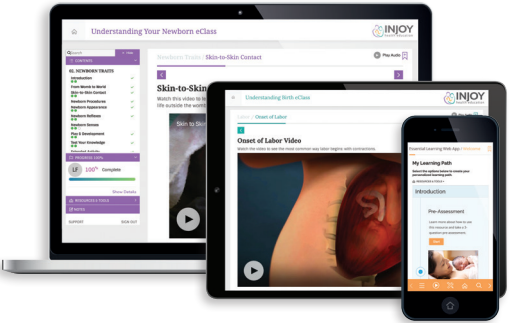
# What does it take to teach new parents?

## 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 digital product support, allowing you to focus on what you do best—caring for families!



Books, Videos, & PowerPoints



Web Apps & eClasses

To learn more, call  
**800.326.2082** or visit  
[InJoyHealthEducation.com/  
Complete-Curriculums](http://InJoyHealthEducation.com/Complete-Curriculums)

## CORE CURRICULUM TITLES:



Understanding  
Pregnancy  
Page 10



Understanding  
Birth  
Page 12



Understanding  
Breastfeeding  
Page 14



Understanding  
Postpartum Health  
& Baby Care  
Page 16



Understanding  
Your Newborn  
Page 18

## NEW CURRICULUM TITLES:



Understanding  
Fatherhood  
Page 24



Understanding  
Infant & Child  
Safety  
Page 23



Understanding  
the NICU & Your  
Baby  
Page 21



Understanding  
Your Multiples  
Page 22



Understanding  
Grandparenting  
Page 25



# A whole lot of *Understanding!*

## Our Content. Your Brand.

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.



Sample book & eClass customization

**3 EASY STEPS**

*to Create 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:

### EDUCATOR TOOLS



**VIDEO ON DVD & USB**  
*Engage parents with video content.*



**POWERPOINT®**  
*Standardize your classroom teaching with customizable slides.*



**EDUCATOR MEDIA LIBRARY**  
*Present engaging videos and slides on demand.*

### PARENT MATERIALS



**BOOK + WEB APP**  
*Each book includes a web app with videos.*



**WEB APP**  
*Provide a mobile reference guide full of videos and tools.*



**ONLINE EDUCATION**  
*Reach more expectant parents with self-paced eClasses.*

### FOR FACILITIES



**DIGITAL DELIVERY LICENSING** – *Distribute video content conveniently through your facility's patient education delivery system.*

## 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
- Professionally designed and ready to use
- High-quality videos explain concepts
- Reinforce your teaching in two formats

See pages 10-21 for details on our available titles.  
Then, call us for a free preview!

**Make the books your own with customization.  
Redesign the covers, add your logo, and include  
information about your services. Ask us for details!**



# Power of Print and Digital



Titles cover core and specialty topics from pregnancy to parenthood

AVAILABLE  
IN ENGLISH  
& SPANISH



Colorful photos feature a diverse group of parents, and infographics aid comprehension

## Help Close the Gap on Health Disparities

If patients don't understand information or feel included, they are at a disadvantage. That's why we stand by our commitment to health literacy. Our books average a 6th grade reading level. They reach diverse learners with plain, gender-neutral language and images that represent a variety of families.

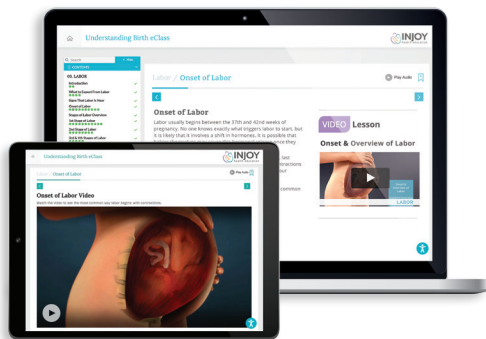




# Add Online Classes to Your

## 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 with more topics. 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!



*Video-rich and compatible with computers and mobile devices, including accessibility features*

### 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!*

**Not sure where to start? Call us at 800-326-2082.**

## 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 approximately 7,000 eClass learners throughout the country.



# Program & Reach More Families

## Available eClasses

### CORE CLASSES

Offer your general curriculum to a wide audience

- **NEW VERSION!** Understanding Birth
- Understanding Breastfeeding
- Understanding Your Newborn
- Understanding Pregnancy
- Understanding Postpartum Health & Baby Care
- Understanding Infant & Child Safety

Learn More!



[InJoyHE.com/eClass-Suite](http://InJoyHE.com/eClass-Suite)

### SPECIALTY CLASSES

Target parents in specific situations

- Understanding Cesarean Birth
- Understanding Your Multiples
- Understanding Fatherhood
- **NEW!** Understanding Grandparenting
- **NEW!** Understanding Sibling Preparation
- **NEW!** Understanding Natural Childbirth Techniques

**NEW!** Classes now come standard with access in 8 languages at no extra cost\*:

- English
- Spanish
- Portuguese
- Chinese
- German
- French
- Arabic
- Japanese

*\*Does not apply to customized eClasses*



## Understanding Sibling Preparation eClass

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



## Understanding Natural Childbirth Techniques eClass

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

*Previews available. Call for details.*



# 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



## 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.**

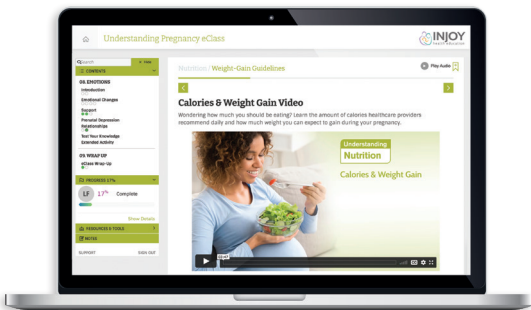
**Affordable pricing based on quantity.**

**Call 800.326.2082 for details.**





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



## 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 p. 9) and accessibility features.

**Call for details.**



# Understanding Birth

**UPDATED & REDESIGNED!**

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 knowledge and confidence to make informed decisions about their labor and delivery. (See p. 3 for what's new!)

## CONTENT INCLUDES:

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



## VIDEO ON DVD & USB *New 4th Edition!*

### 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**

## POWERPOINT PROGRAM

*New 4th Edition!*

### 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. Available in English & Spanish. Call for details.





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



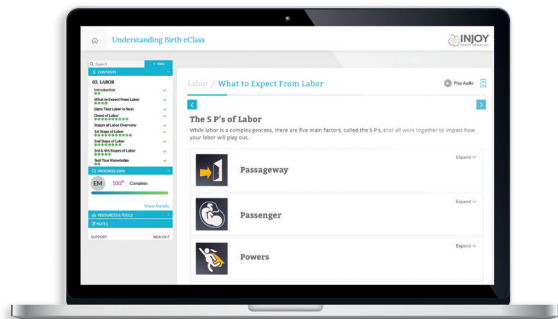
## PRINTED BOOK + WEB APP *New Design!*

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 for details.



## ONLINE EDUCATION (ECLASS)

*New Version!*

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 p. 9) and accessibility features. Call for details.

## EDUCATOR MEDIA LIBRARY *New!*

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.





# 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



SCAN FOR DETAILS



## VIDEO ON DVD & USB

37 min. Includes bonus clips, image library, Facilitator's Guide, and Parent Handouts.

DVD or USB 2nd Edition 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 50 slides, 17 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 2nd Edition English or Spanish **\$369.95**



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



### 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.

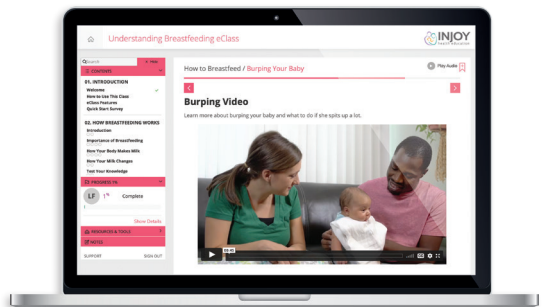
Compatible with computers and mobile devices.

Available in English & Spanish. Includes accessibility features.

Web app available without book.

Affordable pricing based on quantity.

Call 800.326.2082 for details.



### 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 p. 9) and accessibility features. Call for details.

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



# Understanding Postpartum Health & Baby Care

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

## CONTENT INCLUDES:

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



## NEW EDITION & WEB APP



## PRINTED BOOK + GUIDED LEARNING 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.

### Also Available:

#### Formula & Bottle Feeding Tear Pads

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

#### **NEW** Self-Care After Birth Web App

See insert for details.

## NEW BOOK + WEB APP FEATURES

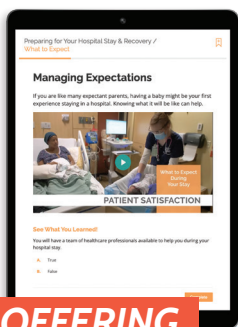
- Quick-scan access from the book to videos
- Discharge checklists facilitate communication
- Personal learning path with extended content
- Redesigned warning signs page with visuals







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



**NEW OFFERING**



**ALL-NEW EDITION**

## ONLINE EDUCATION

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

**DELIVER EDUCATION WHEN PARENTS 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. See insert for more information.

Also Available:

**Understanding Postpartum Health & Baby Care Comprehensive Online eClass**

See pages 8-9 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 **\$299.95**

**Understanding Mother & Baby Care DVD or USB Baby-Friendly or Standard Version Spanish \$249.95**

(New Spanish edition coming soon)

## DIGITAL VIDEO LICENSING

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

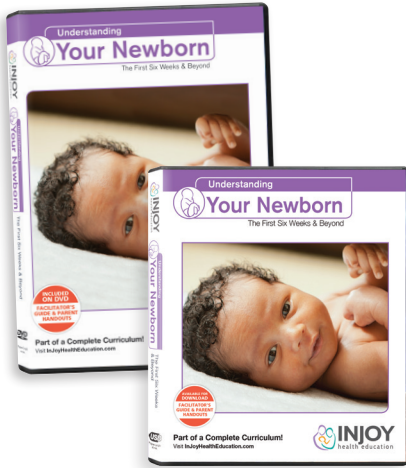


# Understanding Your Newborn

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
- Cleaning & Dressing
- Newborn Health & Safety



## VIDEO ON DVD & USB

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

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

DVD or USB Baby-Friendly Version 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 85 slides, 25 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.

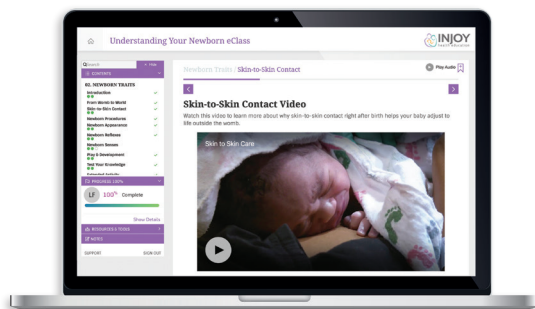
PowerPoint USB English or Spanish **\$369.95**

Suitable for Baby-Friendly hospitals.

Formula slides available upon request.



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



## 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.**

**Also Available: Formula & Bottle Feeding Tear Pads**

**50 sheets per pad, 8½" x 11" full-color. Available in English & Spanish. \$24.95 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 p. 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)



## Available 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. 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 for details.

### DIGITAL VIDEO LICENSING

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

Visit [InJoyHE.com/GGH-Curriculum](https://www.injoyhe.com/ggh-curriculum)



# 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



## Available Formats:

### 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.

**Visit [InJoyHE.com/UNICU-Curriculum](http://InJoyHE.com/UNICU-Curriculum)**

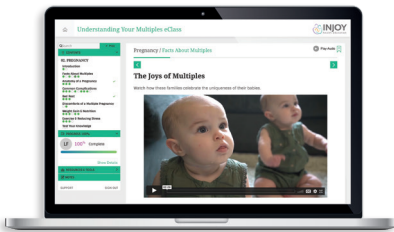


# Understanding Your Multiples

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



## Available Formats:

### 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 p. 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.

**Visit [InjoyHE.com/UYM-Curriculum](http://InjoyHE.com/UYM-Curriculum)**





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



## Available Formats:

### 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.

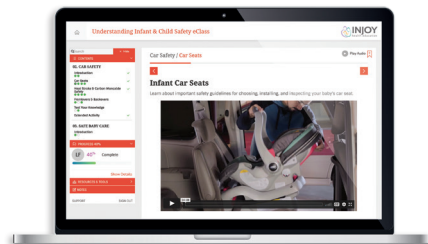


### POWERPOINT PROGRAM

**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 p. 9) and accessibility features.

Call 1-800-326-2082 for details.

**Visit [InJoyHE.com/UICS-Curriculum](http://InJoyHE.com/UICS-Curriculum)**

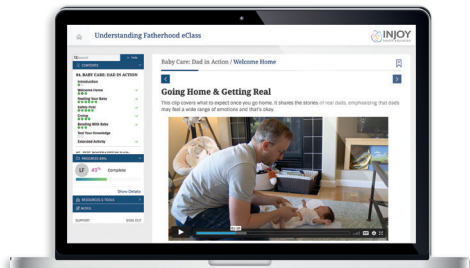


# Understanding Fatherhood

Designed with input from fatherhood educators, Injoy's *Understanding Fatherhood* curriculum 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



## Available Formats:

### 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 p. 9) and accessibility features.

**Call 1-800-326-2082 for details.**

**Visit [InjoyHE.com/UF-Curriculum](http://InjoyHE.com/UF-Curriculum)**



# Understanding Grandparenting

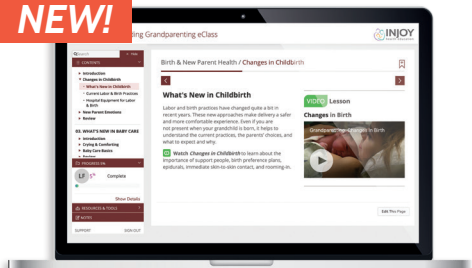
Help grandparents understand what's changed since raising their children and how they play an important role in their grandchild's life.

## 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



**NEW!**



## Available Formats:

### 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 p. 9) and accessibility features.

Call 1-800-326-2082 for details.

Visit [InJoyHE.com/UG-Curriculum](http://InJoyHE.com/UG-Curriculum)





**SALE! UP TO 50% OFF**

## Breastfeeding BASICS Easy-Read Guides & Tear Pads With TEXT4VIDEO



[InJoyHE.com/BFBasicsSale](http://InJoyHE.com/BFBasicsSale)

InJoy's Breastfeeding BASICS easy-read guides and tear pads with TEXT4VIDEO are designed to educate young and low-literacy parents. Each guide and tear pad includes short video stories that are available online.

Perfect for  
home visits,  
social services,  
& pregnancy  
centers!

## 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.

*Ask us about the companion resource that parents access from their own phone or device!*

**Call 800.326.2082 for more information  
or to request a preview today!**

# Additional Video Titles From InJoy



## 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. \$79.95



## 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. \$249.95



## 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 (2-Volume 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, 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 (2-Volume 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

# Additional Video Titles From InJoy



## 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 volume **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**



## 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.

### USE WITH:

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



*Some of our most popular  
digital-delivery programs*

**Call 800.326.2082 for details!**



# Additional Video Titles From Injoy

BUY ANY 4-VOLUME SET  
**SAVE \$50!**



## Parenting BASICS DVDs

*Engage young parents with short, age-and topic-based videos.*

### *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

### *Play & Milestones (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

## Video on USB

No DVD player? No problem. Many of Injoy's video programs are available on a convenient USB flash drive. Teach right from your laptop, even if it doesn't have a DVD drive!

- No WiFi or DVD player needed
- It's small, portable, and less likely to break
- Attractive menu looks like a video library



**Choose USB format when ordering on our website  
or call 800.326.2082 for details.**



This area of our website is just for YOU! It provides a central place to access new research and gain insight from our blog.

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



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)

## 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)



# Index of Product Titles

PG	Title
28	7 Steps to Reduce the Risk of SIDS
27	Alcohol & Pregnancy
26	Breastfeeding BASICS Guides & Tear Pads
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 2 <sup>nd</sup> Edition
28	How to Raise Emotionally Healthy Children
28	Infant Car Seat Safety
27	Managing Early Breastfeeding Challenges
27	Miracle of Birth 3 & 4
26	New Parent Clips
27	Our Growing Family
27	Pain Management for Childbirth
29	Parenting BASICS
27	Positions for Labor
28	Positive Discipline
28	Preventing Abusive Head Trauma
28	Stages of Labor 3 <sup>rd</sup> Edition for Teens
27	Stages of Labor 3 <sup>rd</sup> Edition
27	Super Sibling
12	Understanding Birth Curriculum
14	Understanding Breastfeeding Curriculum
27	Understanding Cesarean Birth USB/DVD

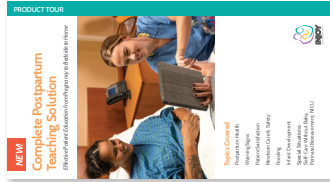
PG	Title
9	Understanding Cesarean Birth eClass
24	Understanding Fatherhood Curriculum
25	Understanding Grandparenting Curriculum
23	Understanding Infant & Child Safety Curriculum
9	Understanding Natural Childbirth Techniques eClass
21	Understanding the NICU & Your Baby Curriculum
16	Understanding Postpartum Health & Baby Care Curriculum
10	Understanding Pregnancy Curriculum
27	Understanding Prenatal Nutrition
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

Additional Video Titles Available at <a href="http://InJoyHealthEducation.com">InJoyHealthEducation.com</a>	
	Age-Appropriate Play
	Better Breastfeeding for Teen Parents
	The Dad Difference
	First Year Milestones
	Gestational Diabetes
	High-Touch Nursing Care During Labor
	Practices to Increase Exclusive Breastfeeding Online Curriculum
	Postpartum: From Pregnant to Parent
	Preterm Labor
	Recognizing & Treating Postpartum Depression
	Single Parenting



New From InJoy

## Complete Postpartum Teaching Solution



Learn how to deliver effective postpartum education that starts in pregnancy and extends home after birth with these new and updated products.

See *Product Tour* Insert in middle of catalog



Understanding Birth Curriculum  
Pages 12-13

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



## 5 Easy Ways to Order!



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



Call:  
800.326.2082



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



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



PRSRT STD  
U.S. Postage  
PAID  
InJoy Videos