

LOCATION / TOPIC

TITLE & DESCRIPTION

Growth and
Development

Adventures in Parenting (32:54) ★★★★★

This lighthearted introduction to parenting is presented in two parts. Part I -- Look Who's Balking: The Baby Who Wouldn't Come Out -- opens in a delivery room where a mother has been in labor for five days. Speaking from the womb, the unborn baby refuses to emerge until his parents promise to raise him right. Before making his long-awaited appearance, the baby teaches his inexperienced, soon-to-be parents some important lessons on prenatal care, discipline, self-esteem, and the importance of parenting classes and support groups. Part II -- The Parent's License -- takes an entertaining look at the idea of requiring prospective parents to get a license. Several couples are asked rigorous question and must take a thought-provoking test. A magical instructor leads the group through some potential parental situations to determine their suitability to be parents. Only those with the necessary attributes are granted permission to have a baby. © 1993 AIMS Multimedia

Growth and
Development

Babies Can't Say 'NO': Substance Abuse During Pregnancy (23:27) ★★★★★

Any substance that a pregnant woman ingests – whether healthful or toxic – immediately crosses through the placenta to her developing baby. This program shows how a pregnant woman's use of alcohol, tobacco, and other drugs may severely harm the fetus, causing miscarriage or premature birth. It explains that an infant who survives an alcohol-soaked pregnancy is often born with Fetal Alcohol Syndrome, a group of serious physical and neurological birth defects – and the most common cause of mental retardation. The birth mother and adoptive mother of a child with FAS present their real-life experience of heartbreaks and small victories, while an FAS-trained pediatrician and educator describe the medical and developmental struggles of children with FAS and other drug-induced birth defects. Their stories deliver a potent preventive message, and will serve as a strong intervention tool for use with students, patients, prospective parents, and pregnant women and their partners. © 2002 AIMS Multimedia

Growth and
Development

Biologix: Fetal Development and Birth (29:08) ★★★

Outlines the development of fetal systems during each trimester of pregnancy and the hormones involved in regulating fetal development, birth and lactation. Illustrates the mechanism for exchanging nutrients and wastes between the mother and fetus. Describes Fetal Alcohol Syndrome and its impact on the developing child. © 1997 United Learning

Growth and
Development

Biologix: Hormonal Controls and Conception (29:08) ★★★

Reviews the events that occur when fertilization of the ovum takes place. Provides an in-depth look at the various conception control methods, their effectiveness and some of the risks associated with using them. Talks about the moral and ethical issues that conception control has raised in some cultures. © 1997 United Learning

Growth and
Development

Biologix: Hormonal Controls and the Menstrual Cycle (27:07) ★★★

Compares the cyclical patterns of reproduction in humans with that of other mammals. Describes the human menstrual cycle and the hormones that regulate it. Addresses the effect of lifestyle and aging on the menstrual cycle and the pros and cons of hormone therapy. © 1997 United Learning

Growth and

Cristina Learns About Immunization (20:00) ★★★

LOCATION / TOPIC

TITLE & DESCRIPTION

Development

Infant immunizations is a must-have for any health educator or parent. The program informs and educates parents about the importance of immunizations; emphasizes the importance of record keeping; lists the immunization schedule and describes the diseases immunizations prevent. © 2002 United Learning

Growth and Development

Each Mind is a World (41:00) ★ ★ ★ ★

Hosted by Carlos Santana, James Edward Olmos and Rita Moreno this program presents the life experiences of four young Latino-Chicano high school students, three of whom dropped out of school and have since returned to their studies. It emphasizes that getting a high school diploma is crucial for an individual's future. It encourages students to stay in school, and students who have dropped out to return and complete their education. The challenges faced by some students are discussed and they are encouraged to overcome them and become successful citizens. The theme of the program is education is the key to success. "When you drop out of high school, you kill the opportunities and chances you have to be successful in life." - Carlos Santana © 2001 AIMS Multimedia

Growth and Development

Early Adulthood : Love, Marriage and Divorce (27:55) ★ ★

Finding a mate is one of the major psychosocial tasks of early adulthood. What makes us want to be with another person? Why do we choose a particular person as our mate? What is love? What makes marriages successful? What factors contribute to divorce? These are some of the questions explored in this video on love, marriage and divorce. The concept of consensual validation and the role of physical attractiveness help explain pre-marriage attractions and relationships. The difference between friendship and love are explored through two theories of love: Passionate/Companionate Love and the Triangular Theory of Love. Components of successful marriage relationships are discussed through five classifications of marriage, the concepts of homogamy and heterogamy, and factors such as marital equity, identity, intimacy, compromise, interdependence and commitment. Reasons for divorce are presented as well as divorce mediation coaches and pre-marriage counseling. © 1999 ITS

Growth and Development

Early Adulthood : Physical Development (27:33) no ratings yet

Young adults in their physical prime can still expect changes in their bodies' responses as they age, including bone ossification, difficulty conquering the results of over-eating and drinking, altered sexual activity, and infertility. Part of a series on adult development, the video talks about the benefits of a good diet, proper sleep and regular exercise as partial antidotes to these problems. © 1999 ITS

Growth and Development

Early Adulthood : The World of Work (28:26) ★ ★ ★

Part of a series on adult development, this video explores all aspects of the main adult occupation - work. The viewer sees the progressive changes in work perspectives, and learns the prevailing theories concerning work attitudes, personality types and how we deal with family and gender roles. © 1999 ITS

Growth and

Four Role Models for Teenage Girls (20:00) no ratings yet

LOCATION / TOPIC

TITLE & DESCRIPTION

Development

This program introduces viewers to four young women---Melissa, Jessica, Tenica and Paula---who have overcome a destructive, teenage past and are turning their lives around. During a counseling session facilitated by professor and counselor Julie Lyle, the women ages 17-20 discuss such issues as relationships, violence, sex, motherhood and substance abuse. The women share their experiences, including the ways they have taken control over their lives and offer advice to other teenagers with the same struggles. Teenagers are encouraged to stay in school and surround themselves with supportive friends. The program supports Health, Guidance and Life Skills units on drop-out prevention and goal setting, values and self esteem, violence prevention, sex education, substance abuse, resisting peer pressure, family life, and conflict resolution. © 1997 AIMS Multimedia

Growth and Development

Good Discipline and Good Kids (41:00) ★ ★ ★

Gives parents the skills to practice a realistic and effective approach to their #1 concern - discipline. This video offers positive ways to set rules, limits, and expectations; problem-solve differences; engage children's cooperation, and help them develop self-discipline and respect. © 1998 Sunburst

Growth and Development

Hope for the Future : Confronting HIV in Children and Adolescents (15:22) no ratings yet

Produced in original English and again in Spanish for caregivers who work with HIV-positive children and their families, the program presents candid portraits of several children living with HIV infection. Its overriding message: new medical treatments are helping HIV-positive children lead normal lives. A compelling media addition to Health units on STDs, the program sends a cautious, but life-affirming message to HIV-positive children, their siblings and other family members. © 1993 AIMS Multimedia

Growth and Development

Ice Beyond Cool (30:00) ★ ★

This highly innovative film uses a variety of visual techniques to show how the complex social pressures facing teenagers can lead to suicide. Viewers take a journey into the life and mind of Sara, a high school student dealing with a host of problems. A friend recently killed himself and another is considering the same fate. Sara must learn to face her own emotions and thoughts about death, while understanding the value of friendship and life. As she deals with her parents' separation, sexual pressure from her boyfriend, and tensions with a troubled friend, Sara begins to understand her boundaries, as well as her need to ask for help. She repeatedly tries to convince herself that her life is "beyond cool." But near the end of the film, she feels empty and alone; more like ice than cool. Then she gets a call from a friend who's feeling suicidal. Together, they share their troubles and begin to understand how talking can lead to solutions. © 2002 AIMS Multimedia

Growth and Development

Infancy (23:38) ★ ★ ★ ★

They may look like miniature versions of adults, but babies have a lot of physical and intellectual changes to go through before they so much as cry. Discover how their brains, as well as their bodies, begin growing from day one so they can meet some of their own basic needs. © 2002 Discovery Channel School

Growth and Development

Joy of Breastfeeding (12:25) ★ ★ ★ ★

Shows expectant mothers how important it is to give their newborns a healthy start in life. © 1994 United Learning

**LOCATION /
TOPIC**

TITLE & DESCRIPTION

**Growth and
Development**

Keeping Peace at Home (37:00) ★ ★ ★ ★

Parents often find themselves coping with a host of hassles: morning chaos, sibling bickering, bedtime haggling. This video illustrates concrete, practical techniques for easing tensions, handling conflicts constructively, managing anger, and creating peaceful homes. © 1998 Sunburst

**Growth and
Development**

LegalEASE: Program Six: Teen Parents: Who's Legally Responsible? (20:07) ★ ★ ★ ★

This video educates students about legal ramifications and legal obligations of having children at an early age © 1999 Louisiana Public Broadcasting

**Growth and
Development**

Lily Series : Childhood Obesity : Lily Faces a Problem (13:00) ★ ★ ★

By concentrating on improving nutrition rather than counting calories, Lily comes up with new ideas for satisfying meals and snacks, and stresses the importance of physical activity. She also cautions that concern over children's weight should never diminish their sense of being loved. © 1997 United Learning

**Growth and
Development**

Lily Series : First Foods : Lily Feeds her Baby (14:00) ★ ★

Narrated by a young mother, this program explains the dietary needs of infants and how these needs change drastically within a baby's first year. Introducing babies to new foods, watching for allergic reactions, food preparation, and dealing with a baby's emotional reactions towards eating are all discussed in this comprehensive program. © 1991 United Learning

**Growth and
Development**

Lily Series : First Foods : Lily Feeds her Growing Family (15:00) ★ ★ ★ ★ ★

Narrated by a young mother, this program explains the dietary needs of infants and how these needs change drastically within a baby's first year. Introducing babies to new foods, watching for allergic reactions, food preparation, and dealing with a baby's emotional reactions towards eating are all discussed in this comprehensive program. © 1993 United Learning

**Growth and
Development**

Lily Series : Health during Pregnancy : Lily Looks Back (12:00) ★ ★ ★

This video stresses the importance of prenatal care, including prenatal medical visits, proper nutrition, and the benefits of exercise. How to interpret the new USDA Food Pyramid for prenatal needs is presented, along with some fast and economical menu suggestions. © 1994 United Learning

Growth and

Lily Series : It's a Jungle out There : Lily Plays it Safe (13:00) ★ ★ ★ ★ ★

LOCATION / TOPIC

TITLE & DESCRIPTION

Development

Lily is concerned she has become lax about common child safety practices, she feels it is time to reevaluate her efforts to keep her daughter safe. In this essential program for both new and experienced parents, Lily reviews important child safety measures. Viewers learn how to childproof their home and create a safe environment for toddlers. Installing fire alarms, securing windows and doors, and keeping chemicals out of reach are a few of the household safety techniques suggested. Keeping a close watch on children and talking to them about safety is stressed. Parents are urged to discuss drugs and strangers with their children and teach them the proper way to handle potentially dangerous objects, such as a knife. Parents are also encouraged to take care of themselves so they can better deal with the challenges of parenting. Grades 10-Up Includes discussion questions. Available in Spanish © 1998 United Learning

Growth and Development

Lily Series : Lily's Ten Ideas for Being a Better Parent (10:00) ★ ★ ★ ★

Lily breaks down the lessons she has learned as her daughter Janelle has grown, into ten simple steps, which include demonstrating affection, the importance of establishing a routine, reading to your child, and building healthy habits through proper nutrition and exercise to name a few. Each helpful tip is thoroughly explained and additional parenting advice is provided throughout. 10 min. 2000 \$195 1717 Spanish closed caption © 2000 United Learning

Growth and Development

Lily Series : Starting Solid Foods : Lily Helps Ana (13:00) ★ ★ ★ ★ ★

Ana, a new mom, needs some help in determining when and how to start her baby on solid foods. Not beginning too early, introducing foods one at a time, making changes gradually, and the importance of a varied diet are just a few of the topics covered in this informative program. This video also covers such topics as...what to do if your child is choking, which foods may cause allergies, what safety precautions you should take when preparing your baby's food, and more...but most importantly it advises mothers to make the transition to solid foods a happy, healthy and nurturing experience. Also available in Spanish! Grades 9-Up © 2000 United Learning

Growth and Development

Lily Series : Still Smoking : Lily Helps (12:00) ★ ★ ★

Lily's sister Ana has been smoking since she was fifteen years old. Now that she is pregnant, Ana is determined to quit. Viewers join Ana as she tries everything from acupuncture to the nicotine patch. When she decides to join a smoking cessation group, Ana finds support and encouragement from others like her. Here she learns about the five Ds to quit smoking: delay the craving; do something else; drink water; deep breathe and dialogue with a friend. Ana begins to become more aware of her feelings so she can deal with them—without turning to cigarettes. Viewers learn, as Ana learns, important information on the effects of cigarette smoke on the fetus as well. In the end, Lily and Ana's efforts are successful—Ana knows she won't go back. Grades 10-Up, Also available in Spanish. Also available in Spanish. © 1998 United Learning

Growth and Development

Lily Series : The First Two Years : What Lily Learned (13:00) no ratings yet

A young mother learns what to expect from her daughter at various stages of development. This program documents the major responsibilities that a mother has during the first two years. © 1992 United Learning

LOCATION / TOPIC

TITLE & DESCRIPTION

**Growth and
Development**

Lily Series : Years 3-5 : What Lily Learned (15:39) ★ ★ ★ ★ ★

Many topics are covered in this program, including how children learn from play, letting them set their own pace when eating, and how to set limits and stick to them. Viewers learn that listening to children, providing them with a sense of belonging, teaching them discipline and preparing them for school are all included as major responsibilities of being a good parent. © 1992 United Learning

**Growth and
Development**

Miracle of Birth, The (3rd Edition) (25:29) ★ ★ ★ ★

In this program, the viewer is present at four actual births: two prepared (natural) deliveries with epidural anesthesia, one cesarean-section, and one natural childbirth without the use of anesthesia. The parents' choice of a birthing room or standard delivery room is covered. The three women planning a natural childbirth and their infants are closely monitored through dilation, or first stage labor. The second stage of labor follows a different course for each of them. One needs an episiotomy; vaginal delivery for another requires the use of forceps, while the woman giving birth without anesthesia needs "just three pushes" and her daughter is born. The cesarean delivery of one infant is covered from the first incision to the suturing of the mother's uterus and abdomen. In each case, the cutting of the umbilical cord and delivery of the placenta are covered, along with the post-delivery care of the new baby. The program documents the emotional impact of the birthing process and shows couples how education and preparation can turn them into active participants in the birth of their baby. © 2002 AIMS Multimedia

**Growth and
Development**

Nutrition for Young Moms : Pregnant and Growing (15:00) 2s

Viewers meet three pregnant teens who are taking responsibility for themselves, their babies, and their futures. They have learned what they need to do -- and are doing it. These young women share their thoughts on eating well, meal planning, calcium intake, weight gain, and the role that good nutritional habits play in the health of their baby. The message to pregnant teens is clear: the better you take care of yourself, the better chance you'll have of having a healthy baby now and in the future. © 1998 United Learning

**Growth and
Development**

Parent's License, The (15:00) ★ ★ ★ ★

The Parent's License takes an entertaining look at the idea of requiring prospective parents to obtain a license before having a baby. Several couples are asked rigorous questions and must pass a thought-provoking test before being issued a license. A magical instructor gives each couple the opportunity to see their future children. He leads the group through some potential parental situations in order to determine how the parents will react. In the end, only those with the necessary commitment and parenting skills are granted official permission to have a baby. This program is an engaging media adjunct to Health, Prenatal Education and Teen Pregnancy, Sex Education, and Growth and Development units on parenting, family-child issues, and prenatal education. Arnold Shapiro Productions. VHS video cassettes of this program may be purchased for private home use. Please call 1-800-367-2467 ext. 341 for pricing information. © 1991 AIMS Multimedia

Growth and

Parenting Children with Learning Differences : LD AD/HD (45:00) ★ ★ ★

LOCATION / TOPIC

TITLE & DESCRIPTION

Development

Parents receive the information and reassurance they need to deal with the special challenges they face if they have, or suspect they have a learning disabled child. Interwoven with true-to-life scenarios, Robert Brooks, Ph.D., of Harvard Medical School, and Betty Osman, Ph.D., author and expert, offer psychological insight and practical advice on such issues as self-esteem, school success, family life and advocacy. © 1999 Sunburst

Growth and Development

Raising Responsible Children (47:00) no ratings yet

Taking responsibility can be a positive step toward building a child's sense of independence and self-worth. Using dramatic scenarios, plus commentary from Robert Brooks, Ph.D., author and clinical psychologist on the faculty of Harvard Medical School, program provides parents with five easy-to-use steps for helping children accept responsibility for self-care, chores and homework. © 1999 Sunburst

Growth and Development

Skills for Single Parents (36:00) ★ ★ ★ ★

Provides single parents with skills and strategies for dealing with the unique challenges they face in raising their children. Realistic scenarios focus on issues of children's feelings, co-parenting, time and money management, and parental dating. Interweaves interviews of single parents with comments and insights from a single-parent group led by Fred Frankel, Ph.D., director of the U.C.L.A. Parenting and Children's Friendships Program, and with expert advice from Andrea Engber, founder and director of the National Organization of Single Mothers. © 2001 Sunburst

Growth and Development

Smile Guide : Dental Health and Pregnancy (13:00) ★ ★ ★

Expecting mothers will learn the importance of dental health for a healthy pregnancy and healthy babies. The skills needed for prevention of infant dental caries during the first six months are covered, including a strong message that you should never put your baby to bed with a bottle. Mom's nutrition, healthy snacking ideas, and self-care routines for prevention, including a dental visit, are emphasized. © 2002 United Learning

Growth and Development

Surviving High School (School Version) (59:00) ★ ★ ★ ★ ★

Eleven teens struggling to "fit in" exemplify the ever-growing problems of isolation, extreme dieting, steroid use, depression, and suicidal thoughts. An additional inspiration is Keena Turner, a former San Francisco 49er, who relates how he became a Super Bowl champion without the use of steroids; Magali Amadei, a former model, recounts her painful battle with an eating disorder. The challenge: to find solutions to the bullying, harassment, and exclusion that have been tearing their school apart. The program motivates teens to face the truth about modern-day pressures, and make positive changes in how they perceive themselves and how they treat others. A candid, real-world adjunct for Health, Guidance and Life Skills units, the program supports lessons on stress management, self-esteem, social skills, resisting peer pressure, behavioral choices and consequences, conflict resolution, safety and injury prevention, eating disorders, alcohol and drug education, suicide prevention, youth-at-risk, and family life issues. © 2001 AIMS Multimedia

Growth and

Talking about Sex Part Two : Thinking Ahead (10:00) ★ ★ ★

**LOCATION /
TOPIC**

TITLE & DESCRIPTION

Development

Evan and Nick wonder if Justin and Tara, his girlfriend, are "doing it." Justin sets them straight — not only have he and Tara decided not to have sex, but the myth about "everyone having sex" is untrue. Holly and Zach confirm this and debunk other similar myths. They discuss the difference between crushes and relationships and between love and sex, and stress the importance of thinking ahead, of making decisions about sex based on your values, of accepting responsibility for your actions, and of keeping your self-respect. © 2000 Sunburst

**Growth and
Development**

Truth About Teen Alcohol Use 101 : The Social Norms Approach (24:00)



The social norms approach of this groundbreaking video shows high school students that – regardless of what they assumed was going on – most of their peers do not drink. Interwoven with lifesaving facts about alcohol poisoning, student interviews reveal surprise and relief that their own non-drinking behavior is identical to that of a majority of their peers. © 2002 AIMS Multimedia

**Growth and
Development**

Wexford Series : Parenting Adolescents : Relationships that Work (22:58)



Maria and Robert turn to other parents for support and advice when their son comes home late and tells them to drop dead. Consequently, they participate in numerous discussions about communication techniques, authority and discipline. They ultimately find workable solutions, based on the concepts of assertiveness. © 1998 United Learning