

# Perinatal Videos

Available from the Idaho RADAR Network Center  
Video/DVD Lending Library  
Revised October 1, 2009

## **Alcohol: A Woman's Health Issue (cc)**

The film profiles women recovering from alcohol problems and describes the health consequences of heavy drinking in women.

Adult 13 min. 2002 V-4006

## **...And Down Will Come Baby**

This program shows that drug-exposed babies have problems that may extend throughout their lives, affecting their physical, emotional, social, and educational development. It promotes an awareness of the problem among teenagers who are at risk for unplanned pregnancy and substance abuse. Medical experts offer information, and mothers of drug-exposed babies share their personal experiences.

Junior High School/High School/Adult 17 min. 1996 V-4017

## **Babies Can't Say 'NO': Substance Abuse During Pregnancy**

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.

High School/Adult 23 min. 2001 V-4019

## **Caring for Drug Affected Infants**

As the new research on cocaine babies is emerging, so are methods to care for these innocent victims. In this program, experts stress the importance of early intervention and therapy in order for these babies to grow into healthy children and adults. The Brazelton Neonatal Behavioral Assessment Scale is discussed as a necessary tool for measuring interactive abilities and neurological conditions of newborns.

High School/Adult 20 min. 1991 V-31

## **Children's Program Kit**

The SAMHSA/CSAP Children's Program Kit gives treatment providers and others the benefits of years of research and hands-on experience by NACoA and others in helping COAs (Children of Alcoholics) and their families. The kit includes:

- Multi-age curriculum of educational activities
- Research-based tools to reach out to COAs
- Dynamic videos to illustrate concepts: *End Broken Promises/Michael's Journey*
- Program manual including start-up instructions and resources

*End Broken Promises*...is a 23-minute video for adults interested in being helpful to children who have parents with alcoholism or other drug dependencies. It is particularly useful for educators, parents, clergy and other faith community professionals, addiction and mental health clinicians, general health professionals who serve children, and persons working in the juvenile justice system. It was produced by Gerald T. Rogers and features noted authorities Claudia Black, PhD, and Jerry Moe, MA.

*Michael's Journey* is a 24-minute video that focuses on family alcohol problems as they affect youth. It follows two African-American boys who exemplify different coping styles of children of alcoholics. The goals are to help young people realize the importance of bonding and the need for trust, and to provide insight into the far-reaching effects of family addiction – through the comments of adult children of alcoholics (COAs) interspersed throughout the story. Produced by the Center for Substance Abuse Prevention for use with middle school and high-school aged youth.

*Pepper*, a seven-minute video, is a story about a puppy named Pepper whose beloved owner becomes alcoholic, moody, and neglectful. The owner joins Alcoholics Anonymous and begins recovery. The story helps young children understand the circumstances of families faced with addiction and the confusion and feelings of rejection experienced by many children of alcoholics. The video is adapted from the 1974 book for children by Elaine L. Melquist.

*You're Not Alone* is a nine-minute video, featuring Jerry Moe, MA, and children who have benefited from participating in support groups for children of addicted parents (COAs). It speaks to children in families with addiction or other high-stress and emotionally painful living environments, but also contains important messages for all children and youth, preparing them to respond more appropriately and comfortably to friends and classmates who are COAs.

### Children's Program Kit – Native American Version

The SAMHSA/CSAP Children's Program Kit gives treatment providers and others the benefits of years of research and hands-on experience by NACoA and others in helping COAs (Children of Alcoholics) and their families. The kit includes:

- Multi-age curriculum of educational activities
- Research-based tools to reach out to COAs
- Dynamic videos to illustrate concepts: *Pepper/You're Not Alone*
- Program manual including start-up instruction and resources

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### The Clinical Diagnosis of Fetal Alcohol Syndrome

FAS is the most common known cause of mental deficiency. It is a subject of serious concern to government health agencies and health care professionals throughout the country. The video has been designed to give health care professionals:

- **Sharpened Diagnostic Skills** – Each diagnostic feature is displayed and described in detail. Using the information on this video, health care professionals will be able to easily determine which children with behavioral problems have FAS.
- **Decreased Liability Exposure** – Because the diagnostic protocols and measurement techniques described on the video are easy to utilize, the opportunity for missed and misdiagnoses will be reduced. The video utilizes diagnostic images of more than a dozen FAS patients.
- **Enhanced Patient and Client Service** – The methods and procedures explained on the video allow the health care professional to discriminate between FAS and other causes of growth retardation/mental deficit.

High School/Adult 31 min. 1994 V-4032

### Cocaine Babies: The Research Is In

The four common behavior patterns of newborn cocaine babies are reviewed, and caretakers are provided with various methods to soothe, comfort, and bond with the newborn baby. Various experts in the field, including pediatricians, social workers, foster parents and physical therapists, discuss how these children suffer emotionally, physically and developmentally, and the part they play in helping these children to lead normal lives. It is stressed throughout that early intervention is essential if these children are to win in this war they did not choose to be in.

High School/Adult 19 min. 1991 V-41

### Cocaine's Children

Shows the harmful side effects of perinatal cocaine use.

High School/Adult 10 min. 1990 V-42

### End Broken Promises, v. 1

This is a 24-minute video about the value and possibilities of educational support groups for children living in families with alcoholism or other drug dependencies.

High School/Adult 24 min. 1998 V-4051

### Fetal Alcohol Exposure: Changing the Future

How are fetal alcohol spectrum disorders diagnosed? What are the primary and secondary disabilities associated with FASD? And—most important of all—what is the human cost? This program addresses these questions through the firsthand experiences of Ann Streissguth, director of the University of Washington's Fetal Alcohol and Drug Unit; Kathy Mitchell, vice president of NOFAS; Erica Lara, who works at a residential drug and alcohol treatment facility designed especially for women with young children; and Erica Gitis-Miles, a college student who has FASD. The in utero effects of alcohol are considered as well, as are the facial, bodily, neurological, cognitive, and behavioral characteristics of FASD.

Grades 9-up 31 min. 2006 DVD-4186

### Fetal Development: A Nine-Month Journey

Truly magnificent photographic footage traces the in-utero process throughout the nine months of a normal pregnancy. From the initial stages of cell division to the final act of giving birth, you'll see the differentiation of tissues that slowly become individual human organs and eventually a baby. You'll also learn why it's absolutely necessary for women to remain drug-free throughout their pregnancy. The concluding dramatic scene celebrates the wonder of new life to the fullest.

High School/Adult 15 min. 1990 V-2000

### **The First Years Last Forever**

The new research in brain development tells us of the vital importance of the relationship between caregiver and child in the critical first years of life. New parents have a wonderful opportunity to help their child reach their full potential. This video includes information on: bonding and attachment, communication, health and nutrition, discipline, self-esteem, child care, and self-awareness.  
High School/Adult 29 min. 1997 V-2001

### **Have a Healthy Baby: Labor & Delivery**

This third edition, which retains the classic animation of the birth process, provides thorough information on the physiology and process of birth, as well as conveying the sensitive experiences of two couples that illustrate the immensely emotional event that is labor and delivery.  
High School/Adult 25 min. 1994 V-2003

### **Have a Healthy Baby: Pregnancy**

This video gives expectant mothers and their partners an insightful view of frequently experienced events that accompany the challenges and joys of pregnancy. Interviews and beautifully detailed animation illustrate the changes to mother and fetus through the three trimesters of pregnancy. The video also devotes special attention to older women, working women, nutrition, prenatal care and testing, blended families and childbirth preparation. Combining caring wisdom with up-to-the-minute medical knowledge, this program supports parents-to-be by providing a head start to a healthy pregnancy.  
High School/Adult 25 min. 1994 V-2002

### **Helping Hands: Caregivers' Guide for Drug-Exposed Infants**

This video shows how you can help infants exposed to a variety of drugs before birth who now suffer the consequences.  
High School/Adult 12 min. 1998 V-133

### **"I Didn't Mean to Hurt You, Baby" A Message About Fetal Alcohol Syndrome**

An educational presentation concerning Fetal Alcohol Syndrome.  
High School/Adult 15 min. 1984 V-4064

### **Idaho Prenatal Smoking Cessation Training Video**

Smoking during pregnancy is a known risk to the unborn fetus, increasing the likelihood of low birth weight, miscarriage, prematurity and stillbirth. The Idaho Department of Health and Welfare Tobacco Prevention and Control Program created a prenatal smoking cessation training video and manual for health care workers and educators.  
High School/Adult 10 min. 1994 V-

### **Infants Exposed Prenatally to Methamphetamines: Developmental Effects and Effective Interventions *Audio Recording***

Women who use methamphetamines during pregnancy expose their children to potentially harmful effects at a critical period of neurological and physical development. Dr. Shah will discuss her research findings on the effects of prenatal methamphetamine exposure on children, as witnessed in her clinic. This presentation will also outline how to develop treatment plans to provide effective developmentally and age appropriate interventions with these children and their families. Aired Tuesday, February 21, 2006. This will be available for download at [www.aia.berkeley.edu](http://www.aia.berkeley.edu)  
Adult 90 min. 2006

### **An Introduction to Mediation, Family Group Conferencing, and Concurrent Planning: Pathways to Permanence**

This 30-minute video resource, provides a quick, easy to follow, and accurate overview for those interested in these three emerging strategies. Narrated by a young woman who spent many years in foster care, the first segment of this video discusses the philosophies and processes of Family Group Conferencing. Used by trainers nationwide, this video's opening segment creates an emotionally compelling portrait of this approach. *To order a free copy of this video, please call 1-800-ASK-DTFA or direct 614-764-8454. Dave Thomas Foundation for Adoption.*  
[www.DaveThomasFoundation.org](http://www.DaveThomasFoundation.org)  
Adult 30 min. 2000 V-175 or DVD-175

### **Is Your Baby Smoking? Clear the Air You Share**

This film discusses the importance of not smoking or quitting smoking during pregnancy. Advice is given to protect your baby and yourself from secondhand smoke. The health risks are shown of what happens to the baby while in the womb during the act of smoking.  
Junior High School/High School/Adult 12 min. 1999 V-3012

### **Journey Through the Healing Circle: a Training Series for Foster Parents**

A partnership of Washington State agencies, health-care experts, and traditional Northwest tribal storytellers has produced a collection of stories, health tips, and practical knowledge to help parents and foster parents learn about Fetal Alcohol Syndrome and understand how it affects their children. The series begins with the words of a Native American storyteller, who tells his listeners: "We have gathered here with Grandfather, our Creator, the ones who fly, the ones who crawl, the ones who swim, the ones who walk on four legs, and those beautiful spirits...those who have Fetal Alcohol Syndrome and Fetal Alcohol-Related Conditions...who have come to earth as volunteers to teach us what we need to know to heal in our communities." Fetal Alcohol Syndrome is the only birth defect that can be completely prevented, but high rates of alcohol use and unplanned pregnancies make prevention a challenging task. Children with FAS or related conditions exhibit a number of behavior challenges, including inconsistency in understanding and carrying out instructions, frequent inability to judge the danger of a situation, lack of interest in eating, and difficulties in falling asleep. They often find their world to be complex and confusing and are easily frustrated when attempting to learn new things.

Little Fox/Little Mask ages birth-11, v. 1 47 minutes V-4071

Sees No Danger/Travels in Circles ages 12-22, v. 2 53 min V-4072

Junior High School/High School/Adult 1999

### **Last Call: The Sobering Truth About F.A.S./F.A.E.**

It seems so harmless. A glass of wine, a beer or one little drink, how much could it hurt? At last a program that tells it like it is. For women who are, or may be pregnant, consuming alcohol in any quantity is like playing Russian roulette. You are playing with the life of a child and may be risking lifelong mental, emotional and physical disabilities. Your drinking could cause a lifetime of pain, suffering, and disappointment. Produced by Emmy Award winner David Gray, this documentary features two nationally recognized Fetal Alcohol Syndrome (F.A.S.) experts. F.A.S. is the leading known cause of mental retardation, according to the *Journal of the American Medical Association*. It is 100% preventable. After watching *Last Call*, you will know why drinking during pregnancy isn't worth the risk. This video will help you educate mothers, their male partners, families and friends about the need to stay away from alcohol during pregnancy.

High School/Adult 26 min. 2001 V-4077

### **The Listening Heart**

*The Listening Heart* is the story of four families, all of whom adopted a child with Fetal Alcohol Syndrome. Unlike any other film produced about FAS, *The Listening Heart* utilizes the voices of the children and parents to tell their stories about how FAS has affected their lives. Each family's story focuses on a different aspect of FAS, ranging from the behavioral difficulties to the learning disabilities and social problems that affect the children's everyday functioning. Because *The Listening Heart* was originally produced as an educational documentary for professionals, teachers, and adoptive parents, it utilizes interviews with medical experts who navigate through the information provided by the parents' testimonials, and, using hands-on methods, offer solutions and techniques to dealing with the issues of FAS. *The Listening Heart* is a simply told story of both the harsh realities of living with a disability and the hope that endures through the love and selflessness of dedicated parents. It is a tale of fostering children's strengths and embracing patience while battling a devastating disease that cannot be cured. *The Listening Heart* both teaches and compels; it is one of those rare films that has the potential to change lives.

High School/Adult 37 min. 2005 V-4148

*The Listening Heart* Special Edition was designed to help both professionals and parents teach about Fetal Alcohol Syndrome. Included in this package are three tools (DVD, PowerPoint Presentation, and Learning Guide) that complement each other, providing the most comprehensive set of educational materials available about FAS. DVD-4148

### **The Parent's License**

To drive a car, you need a driver's license. To get married, you need a marriage license. To have a child, you need a parent's license. This is the premise of THE PARENT'S LICENSE, which takes place "in the very near future." To qualify for a license, prospective parents must prove they are mature, committed, loving, and actually capable of raising a child. We follow five couples that quickly learn that wanting to be a parent isn't enough. Through the power of magic, they find themselves in frustrating situations with their future children. How they behave determines whether or not they will be granted their license.

High School/Adult 16 min. 1991 V-2005

### **Parents – "Silence Condone"**

Father Martin, a leading authority in the prevention field and an outstanding speaker, talks to parents about very practical ways they can learn and be involved in the stressors on their children.

High School/Adult 18 min. 1988 V-

### **A Place to Call Home**

The Dave Thomas Foundation for Adoption and Children's Action Network are pleased to introduce a new, short film hosted by Henry Winkler. It features four heartwarming stories about families formed through foster care adoption – perfect for sharing with potential adoptive parents!

Adults 15 min. 2006? DVD-

### **Poisoning Your Children: The Perils of Secondhand Smoke**

A straightforward and dramatic presentation of the medical facts of secondhand smoke that graphically illustrates the damage that secondhand smoke causes in children. It traces the flow of smoke through the mouth, nose, throat and lungs, and points out the potential ailments associated with each.

Junior High School/High School/Adult 12 min. 1994 V-3068

### **Portrait of Promise: Preventing Shaken Baby Syndrome**

*Portrait of Promise* is a videotape designed to educate a wide variety of audiences about a form of child abuse called Shaken Baby Syndrome. This eleven minute videotape features three families whose lives have been devastated by shaken Baby Syndrome. Dr. Carolyn Levitt, pediatrician and nationally recognized child abuse specialist, addresses the damaging effects of violent shaking and offers insight on prevention. The program is serious, but provides hope in that it reminds the viewer that "the key to preventing Shaken Baby Syndrome lies in our hands."

High School/Adult 11 min. 1995 V-2006

### **Recovering Hope: Mothers Speak Out About Fetal Alcohol Spectrum Disorders**

This video features a series of women who tell poignant and memorable stories about alcohol use during pregnancy and its effect on their children. Their experiences are supported by expert clinicians and researchers who talk about disabilities associated with FASD and evaluation and intervention services. The hour-long video is divided into two half-hour segments to allow discussion time within treatment sessions. The video package includes a brochure for counselors or facilitators to read in preparing to show and talk about the video, and a second brochure to distribute to women to keep as a reference after viewing and discussing the video.

High School/Adult 60 min. 2004 V-4129 or DVD-4129

### **Reflections From the Heart of a Child**

Encourages children to open up to new possibilities – by identifying with another child’s vision of parental addiction. Helps children resolve feelings of confusion, loneliness, and fear by removing traditional cloaks of secrecy and shame. Dramatizes the nature and effects of survival roles, as they are passed through chemically dependent generations.

Elementary/Junior High School 30 min. 1996 V-4095

### **Reporting Child Abuse: Care Enough to Call**

This video is designed to educate families, volunteers, employees, and all citizens on Idaho’s child abuse reporting law.

Adult 10 min. 2006 DVD-2013

### **Reunited: Regaining Child Custody**

A 25 minute video presenting crucial ASFA (Adoption and Safe Families Act) information to new parents entering the child welfare system. The information is presented by parents who lost their children largely due to methamphetamine related problems, got into recovery and regained custody of their kids. Produced by Eric Martin, M.A., CADC III, Jay Wurscher, CADC II and the Oregon Department of Human Services.

Adult 25 min. 2005 DVD-491

### **Risk and Reality: Teaching Preschool Children Affected by Substance Abuse**

In recent years, teachers have reported an increasing number of children who display troubling behaviors and learning problems that they suspect may be related to the effects of substance abuse—either prenatal exposure to alcohol and drugs or the consequences of living in families and communities where substance abuse is common. These materials (which include a 30-minute video, a teacher's guide, and a research review) draw upon research and service demonstration programs to identify specific techniques and interventions that can help teachers effectively work with these children. Specific techniques described include: creating a nurturing classroom, encouraging cooperative play, minimizing distractions and facilitating transitions, helping children to manage their behavior, conducting ongoing assessment, and building strong links with families.

Adult 30 min. 1994 V-

### **Shaking, Hitting, Spanking: What To Do Instead**

An infant won't stop crying, a toddler plays with chemicals under the sink, a seven-year-old ignores a call to dinner, an eight-year-old refuses to clean her room—these four scenarios are each shown twice. At first an angry parent loses control and the video stops for discussion. After discussion, the scenario is shown a second time but with positive parenting skills that change the outcome.

High School/Adult 30 min. 1990 V-2007

### **Sacred Trust: Protect Your Baby From Fetal Alcohol Syndrome**

*Sacred Trust* addresses Fetal Alcohol Syndrome (FAS) and Fetal Alcohol Effects (FAE) among American Indian and Alaska Native women and promotes an alcohol-free lifestyle during pregnancy. Individuals from various nations are shown giving no-use messages: the mother of a child born with FAS, a parent and foster parent of FAS/FAE children who discuss the children’s physical and behavioral problems, a tribal elder who discusses the cultural belief that women possess a sacred trust as life givers, and a health educator who offers strategies to help women avoid drinking. American Indian men are encouraged by one of their own to support a woman’s decision not to drink alcohol during her pregnancy.

Junior High School/High School/Adult 15 min. 1992 V-4098

### **Soft Is the Heart of a Child**

This award-winning drama explores a classic alcoholic family situation -- a father who drinks too much, a mother plagued by frustration, guilt, and denial, and three children whose suffering takes different forms. Brian, age 11, is the oldest child. He takes on the roles of protector and surrogate parent to his young brother Terry and little sister Lisa. Terry, who bears the brunt of his father’s misdirected anger, reacts to the home situation by becoming a troublemaker at school. Lisa, the most affected of all, begins to withdraw from her unhappy reality into a fantasy world. Help arrives through an understanding and perceptive school counselor.

Grades K-8 30 min. 1978 V-4151 V-8017 Spanish

### **Stop Smoking Now: Reasons Not To Smoke When You’re Pregnant**

When you’re pregnant, everything you eat, drink and breathe affects your health and your baby’s health. So when you smoke, your baby does too. Quitting smoking is one of the most important things you can do for your baby. When you stop smoking, you:

- increase the amount of oxygen your baby will get;
- lower the risk that your baby will be born too early; and
- increase your chances of having a healthy baby

No matter how long you have been smoking, quitting smoking also benefits your health, gives you more energy, and lets you feel good about what you’ve done for yourself and your baby. This video provides support, guidance and information about resources to help you resist the urge to smoke.

High School - Adult 20 min. 2003 V-3080

### **Treatment Issues for Women**

This video will assist treatment counselors who often must help women explore their relationships with their children, with men, and with other women; work on emotional development; meet educational needs; and develop coping skills.

High School/Adult 22 min. 1991 V-

**Twee, Fiddle & Huff**

The program explains to young children, perhaps especially those from “addicted” households, the nature of addiction, and how it affects adults (i.e. parents). Children are reassured that the behavior of their parents is not anything that they should blame on themselves. Kids are told that if they find the burden of dealing with this behavior too great, there are other adults who are ready, willing and able to help them.

Elementary 17 min. 1990 V-4113

**Why Early Childhood Matters**

Scientific research confirms that children's earliest experiences, starting even before they are born, dramatically affect their ability to succeed in school and in life. In this video, our country's leaders in government, business, crime prevention, and academia voice their commitment to our nation's youngest children and emphasize the crucial need for increased investments in early childhood.

High School/Adult 10 min. 2003 V-2008

**Winning at Parenting...Without Beating Your Kids**

A humorous approach to mealtime, bedtime, chores...and getting your kids out of the local jail. Covered are ways to buffer your kids from sexual promiscuity, drug abuse and suicide while helping them grow in increased self-discipline, independent problem solving skills and responsibility. The program consists of the 125-minute video featuring Barbara presenting *Winning at Parenting* before a live audience just as she has throughout the United States, Canada, South America, Europe and Asia.

Senior High School/Adult 125 min. 1990 V-5046

**Worth the Trip: Raising a Child with Fetal Alcohol Syndrome**

A ground-breaking video guide for parents and caregivers, it is the first comprehensive video resource about the health, development and learning styles of children affected by fetal alcohol exposure. The video presents strategies for meeting the developmental and behavioral challenges faced by children with Fetal Alcohol Syndrome (FAS) and Fetal Alcohol Effect (FAE). Its topics include: speech and language development, behavioral concerns, impact on siblings and on parents' relationships, and developments which offer hope for the future.

High School/Adult 39 min. 1999 V-4124

**You Can Help Pregnant Smokers Quit (cc) [HOPE TO ORDER]**

Pregnancy is a prime teaching time in healthcare. Effective intervention can make a world of difference for moms and their babies, and can even save lives. This concise program provides a model of the research-based 5 A's Counseling Method, which has proven to double or triple quit rates. In just 5 - 7 minutes, you can use this approach to put your clients on the road to living smoke-free.

High School/Adult 14 min. 2005 DVD-