

# Bringing Baby Home

Produced by THE LIANDREA COMPANY

## RESOURCE GUIDE

WINNER

A 2005

Parents' Choice

Approved Award

### REVIEWS FOR "BRINGING BABY HOME"

*"Bringing Baby Home is an exceptional video for both birth educators and expectant parents. Likewise, the new parent will find this an invaluable tool to guide them through the postpartum period."*

**Sandy Dennedy, ICCE, CPCE, CD(DONA)**

**Perinatal Education Associates, Inc., Centerville, OH**

*"This video provides a thorough overview of the many subjects a new mother and even a repeat mother should be aware of. The information is presented clearly, succinctly, and the corresponding video footage adds credence to what is being discussed. I would recommend new mothers and healthcare providers be made aware of the content of this video."*

**Missey Moe-Cook, LCCE,**

**Childbirth Educator for iVillage Parenting Network**

**Darien, CT**

*"Here is the informative and reassuring video instructions that should have arrived before or with your baby! Concise and up to date."*

**Trevor Ham, MD, FAAP, FRCP**

**Pediatrician, NM**

*"This production is a wonderful, reassuring and empowering guide for new parents." -  
parentbooks.ca*

*"...an excellent first look into the world of baby care." -  
Today's Parent*

Producers: Lianne Castelino & Andrea Howick

Medical Consultant: Dr. Denis Leduc, MD, CCFP, FAAP, FRCPC

Camera/Editor: Robert St-Onge

## Synopsis

It's what every nervous new and expectant parent needs - a private tutorial on every aspect of infant care! Bringing Baby Home is the ultimate baby care video covering 120 topics in 60-minutes. All the practical hints, tips and demonstrations come from nurses, doctors and baby care experts.

The best part - the video is conveniently divided into four sections for easy quick and easy reference: The Basics, Feeding, Hygiene & Sleep and Coping.

### The Basics

Why is my baby all curled up? What are those white spots on her face? Relax - it's all perfectly normal - and described in The Basics. This thorough section details every aspect of baby's appearance from head to toe, addresses the best way to hold your baby.

### Feeding

Some of North America's leading breastfeeding experts take you through all the techniques of successful breastfeeding - by far the healthiest way to feed your newborn. Here you'll find demonstrations on the best way to cradle your baby for a good "latch" as well as ways to cope with some of the common problems associated with breastfeeding.

### Hygiene & Sleep

With hospital stays averaging less than 36 hours, who can remember a bathing demonstration that lasted 5 minutes? Now you can watch demos on both sponge bathing and immersion baths to your heart's content! As well, this section contains vital information and the latest recommendations on safe sleep habits for your new baby.

### Coping

This section covers a wide range of issues new parents face. First, Dr Denis Leduc, Pediatrician, answers parents' frequently asked questions about their baby's health. An obstetrician-gynecologist then addresses all the aspects of mom's physical recovery after giving birth. And finally, a family therapist gives her tips on how to survive - and enjoy - this exciting time in your life.

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**FOREWORD:** Dr. Denis Leduc, Pediatrician

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### A WORD FROM THE PRODUCERS

### CREDITS

## **LEARNING OBJECTIVES**

After viewing and discussing this program, viewers will:

- Get an overview of the many subjects that new parents and even repeat parents should know about the care of a newborn baby.
- Realize babies are not the plump smooth-skinned, smiling Gerber types - the babies in this production are real newborns - slimy, red, wrinkly, with baby acne and loud screams.
- . Know how to detect, react to and prevent serious health concerns involving an infant.
- . Understand clearly the roles and responsibilities of a new mother and a new father.
- Receive a total immersion education in all aspects of baby care.

## **SOME DISCUSSION QUESTIONS**

Why is the size of a baby's head important?  
What is colic and how does one deal with it?  
What are the signs of jaundice in a baby and how should it be treated?  
Why is breast-milk considered to be the best source of nutrition for babies?  
What is mastitis and what are some treatments for it?  
What is the safest way to put a baby to sleep?  
What is SIDS?  
What is tummy time and why is it important?  
What is a normal temperature? What is a fever temperature?

What is Postpartum Depression? What signs does one look for?  
What are three important things to remember when bathing your baby? (ignore phone/door, keep supplies ready/ babies get cold fast)  
What are the laws regarding the use of a car seat?  
What should my doctor/pediatrician do at my baby's first check-up?  
What are the top five reasons to call my pediatrician?  
I'm a new dad! What is my role?

## **ADDITIONAL LINKS**

[www.aap.org](http://www.aap.org)

American Academy of Pediatrics

[www.nhtsa.gov](http://www.nhtsa.gov)

National Highway Traffic Safety Administration

[www.la lecheleague.org](http://www.la lecheleague.org)

La Leche League

[www.os.dhhs.gov](http://www.os.dhhs.gov)

US Department of Health and Human Services

[www.cdc.gov](http://www.cdc.gov)

Centers for Disease Control and Prevention

[www.who.int/en/](http://www.who.int/en/)

World Health Organization