

Women and Family Related Services – Adoption Services

Books, Videos and Audio Resources

II. Parenting and Prenatal

Positive Discipline without shouting, shaking or spanking vol.1 Babies DVD
Includes real life scenarios with an initial harsh response, followed by a different successful positive discipline techniques.

Positive Discipline without shouting, shaking or spanking vol.1 Babies DVD Espanol
Includes real life scenarios with an initial harsh response, followed by a different successful positive discipline techniques.

Positive Discipline without shouting, shaking or spanking vol.2 Toddlers DVD Espanol
Includes real life scenarios with an initial harsh response, followed by a different successful positive discipline techniques.

Positive Discipline without shouting, shaking or spanking vol.2 Toddlers DVD
Includes real life scenarios with an initial harsh response, followed by a different successful positive discipline techniques.

Positive Discipline without shouting, shaking or spanking vol. 3 Preschoolers DVD Espanol
Includes real life scenarios with an initial harsh response, followed by a different successful positive discipline techniques.

Positive Discipline without shouting, shaking or spanking vol. 3 Preschoolers DVD
Includes real life scenarios with an initial harsh response, followed by a different successful positive discipline techniques.

Life Skills for Teen Parents vol. 1 Healthy Relationships DVD
Tells teen parents the truth about creating a promising future: finish high school and wait before having another baby.

Life Skills for Teen Parents vol. 2 Building Your Future DVD
Tells teen parents the truth about creating a promising future: finish high school and wait before having another baby.

Prenatal Nutrition & Exercise (Your Healthy Pregnancy Series) vol. 1 DVD
Fundamentals of a healthy diet, importance of seeking nutrition advice, and encouragement for safe & consistent exercise.

Prenatal Nutrition & Exercise (Your Healthy Pregnancy Series) vol. 1 DVD Espanol
Fundamentals of a healthy diet, importance of seeking nutrition advice, and encouragement for safe & consistent exercise.

Prenatal Emotions (Your Healthy Pregnancy Series) vol. 2 DVD Espanol
What to expect in each trimester and how to navigate through mood swings, anxieties and joys.

Prenatal Emotions (Your Healthy Pregnancy Series) vol. 2 DVD
What to expect in each trimester and how to navigate through mood swings, anxieties and joys.

Prenatal Discomforts (Your Healthy Pregnancy Series) vol. 3 DVD
Safe, healthy ways to relieve common prenatal discomforts, with tips for partner support and exercise.

Prenatal Discomforts (Your Healthy Pregnancy Series) vol. 3 DVD Espanol
Safe, healthy ways to relieve common prenatal discomforts, with tips for partner support and exercise.

Preterm Labor—Reduce Your Risks & Learn the Signs DVD
Obstetrician explains the risks and warning signs, and ways to reduce the chances of preterm labor.

Preterm Labor—Reduce Your Risks & Learn the Signs DVD Espanol
Obstetrician explains the risks and warning signs, and ways to reduce the chances of preterm labor.

Healthy Journey: Your Contemporary Guide to Pregnancy DVD Espanol
The most important prenatal care topics. Features diverse families, a caring obstetrician, and useful tips.

Healthy Journey: Your Contemporary Guide to Pregnancy DVD
The most important prenatal care topics. Features diverse families, a caring obstetrician, and useful tips.

Single Parenting: The Family in Harmony vol. 1: Creating a Healthy Life for Yourself DVD
Tips for continuing your education, work-life balance, budgeting, and self care.

Single Parenting: The Family in Harmony vol. 1: Creating a Healthy Life for Yourself DVD Espanol
Tips for continuing your education, work-life balance, budgeting, and self care.

Single Parenting: The Family in Harmony vol. 2: Creating a Healthy Life for Your Child DVD
Tips for successfully responding to the unique needs that children have in single-parent families.

Single Parenting: The Family in Harmony vol. 2: Creating a Healthy Life for Your Child DVD Espanol
Tips for successfully responding to the unique needs that children have in single-parent families.

The Dad Difference Vol. 1: Baby Basics DVD
A diverse group of real fathers discuss their vital role in pregnancy, labor and birth; balancing finances, work & family; postpartum emotions for moms and dads; intimacy and caring for mom; benefits of breastfeeding; bonding with baby etc.

The Dad Difference Vol. 2: Involved from the Start DVD
Motivates dads to connect with their children, positive discipline, self-care, relating, work and family and single fatherhood

You Can Quit! How to stop smoking during pregnancy DVD
How and why to quit; staying smoke-free

You Can Quit! How to stop smoking during pregnancy DVD Espanol
How and why to quit; staying smoke-free

5 Essentials of Successful Parenting DVD
Techniques that nurture parent-child relationships and empower parents to become positive models for their children

Infant Adoption Training Initiative—Understanding Infant Adoption DVD
Is Adoption the Best Choice for You and Your Baby? Understanding the process, adult vs. teen pregnancy, addiction and grief issues, open adoption issues, adult adoptee perspective.

The Toddler Years: S.O.L.V.E. Parenting Problems DVD
Step by step tool that to handle any toddler misbehavior with confidence and consistency.

The First Years Last Forever (I am your child)

VHS

Includes information on: Bonding and attachment, communication, health and nutrition, discipline, self-esteem, child care and self-awareness.

Gentle Transitions: A newborn baby's point of view about adoption

DVD

Letting Go: Birthparents Share Their Journeys Through Adoption

DVD

Examines difficult questions facing birthparents and shows how one of the toughest decisions imaginable can be the most loving one for you and your baby.

The Adoption Option: Overcoming the Myths

DVD

Features three birthmothers, two adult adoptees and two professionals who share their insights about eight myths most people believe about adoption. A training video for helping expectant parents review their option in an untimely pregnancy.