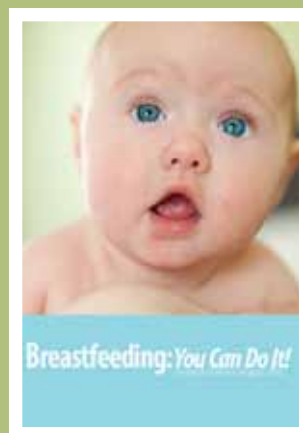


BREASTFEEDING: YOU CAN DO IT!

The first DVD you can afford to give away.



NTSC - Region 1
40 min (per language)
English, Spanish, Vietnamese
English Closed Captions



For many new mothers, watching other women breastfeed is the best way to learn. *Breastfeeding: You Can Do It!* provides moms with a visual demonstration of the importance of breastfeeding and how to do it.

Featuring 30 families of various ethnicities, this dvd is thorough, up-to-date, and evidence based. It is created in an outstanding quality and is beautifully filmed, yet priced low. It makes a perfect gift for new parents! (Revised 2009.)

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Designed and licensed solely to be given away to moms. For individual use only. Packaged in cardboard sleeves.

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EVERY DVD HAS THESE 4 VIDEOS IN ENGLISH, SPANISH AND VIETNAMESE

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Explains the benefits of breastfeeding for mother, baby and the earth. Tells how to get ready for breastfeeding. (7 minutes)

BREASTFEEDING: GETTING STARTED

Mothers can follow along to position the baby and get him latched on. Also tells how often and how long to feed the baby and how to tell if he is getting enough. (12 minutes)

SELF-ATTACHMENT

Watch a newborn latch onto the breast by himself. (2 minutes)

FREQUENTLY ASKED QUESTIONS

Answers questions about family support, getting enough, engorgement, sore nipples, sickness, and more. Each question can be viewed separately or play all. (18 minutes)

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sold in packs of 25

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For over 20 years, we have been selling our products to hospitals, doctors' offices, childbirth educators, midwives, health departments and WIC programs. We are a woman-owned, family business.

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mom+baby

A MODERN GUIDE TO BREASTFEEDING



32 Full Color Pages
6th Grade Level
Magazine Style Booklet
Illustrations & Photographs
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SPANISH

mom+baby makes learning about breastfeeding fun and easy. It discusses the importance of breastfeeding, and all the basics, like latch on and positioning.

It includes tips for going back to work, solids and weaning and dealing with common problems. Plus, there is a great article on family matters with photographs of fathers and other family members from diverse ethnic groups. (2010 Edition)



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dad+baby

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An informed and supportive father can make a great impact on breastfeeding success. A redesigned version of our Dad's 10 Minute Breastfeeding Guide, dad+ baby makes it even easier for dads!

It tells what every father needs to know about breastfeeding. Dads will learn what to expect the first few weeks and realize the many things they can do to help. (2010 Edition)

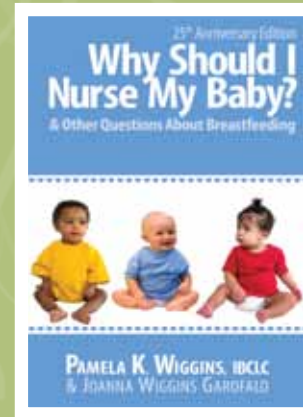


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New 25th Anniversary Edition



80 Pages
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VIETNAMESE

Why Should I Nurse My Baby? has been reorganized, redesigned and now even easier to read!

It explains why breastfeeding is best and how to be successful. It answers moms' most common questions and promotes breastfeeding as the norm. Now includes laid-back position and breastfeeding during emergencies. (Revised 2011)

Vietnamese is only available in the 2009 Edition.

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Bag reads: "Breastfeeding is a mother's gift to her baby, herself and the earth."

eat right & move

HEALTHY LIVING FOR YOUNG FAMILIES



36 Full Color Pages
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Mini Magazine Style Booklet
English and Spanish
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SPANISH

Today's families need help raising healthy, active kids. This magazine-style booklet is full of short and simple articles that are all about eating right and being active.

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