

# *Human Development Resource Catalogue*

## *Supplement 2003*

### **PRE-PARENTING EDUCATION**

#### **A14. Talking About Sex: Thinking Ahead: 10minute/color video**

This video focuses on the meaning of crushes, love and sexual relationships, and the need to make responsible choices that reflect the young person's values. While avoiding preaching, this video looks at the difference between crushes and love that comes from knowing and trusting another person. The effect of alcohol and drugs on decisions about sex is explored. The program promotes the idea that, for teens, abstinence is the best choice.

#### **Ordering Information**

Sunburst Communication, 101 Castleton Street, Pleasantville, NY 10570

Info: 1-800-431-1934

### **PERINATAL**

#### **B22A. I Am Your Child – Your Healthy Baby: 26 minute/color video**

In this video, Phylcia Rashad delivers expert advice on how parents can help their children establish healthy habits, with information on: Maintaining good health during pregnancy, bottle-feeding versus breast-feeding, visiting the doctor, feeding your child and the importance of exercise.

#### **Ordering Information**

Info: <http://www.iamyourchild.org/>

#### **B22B. I Am Your Child – Safe From the Start: 23minute/color video**

This video provides information on how to keep children safe starting with the first car ride your baby takes on the way home from the hospital. Car Seats and Car Safety, Feeding and Food Safety, Sleep/Bedtime, Bath Time and Bathroom Hazards, Childproofing at Home, Toy Safety, Kitchen Safety, Safety outside the home, and Kids and Gun Safety are just some of the safety issues covered in this film.

#### **Ordering Information**

Info: <http://www.iamyourchild.org/>

#### **B22C. I Am Your Child – Discipline: Teaching Limits with Love: 27 minute/color video**

Discipline – setting limits – is one of the most difficult challenges parents face. In this video, Dr. T Berry Brazelton, America's foremost pediatrician, shows parents that setting limits is not punishment, but a loving way to teach a child how to control his or her own behavior. Information includes: why a child looks for limits, techniques for setting effective limits from the start as well as managing your own emotions and avoiding physical punishment.

#### **Ordering Information**

Info: <http://www.iamyourchild.org/>

#### **B22D. I Am Your Child – Ready to Learn: 24 minute/color video**

There are many things parents and caregivers can do to help build a child's literacy skills from the time he is born. This video provides helpful information about: Communicating with your newborn, establishing reading routines, materials that prepare your child for reading and writing, activities to spark your child's interest in learning, the importance of quality childcare, and incorporating literacy into everyday activities.

#### **Ordering Information**

Info: <http://www.iamyourchild.org/>

#### **B26. Portrait of a Promise: 11 minute/color video: Available in English & Spanish**

This video is designed to educate a wide variety of audiences about a form of child abuse called Shaken Baby Syndrome. It 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.”

Ordering Information:

Children’s Hospitals and Clinics, Garden View Building, 347 North Smith Ave, Suite 401, St. Paul, MN 55102  
Info: 651-220-6750

**B29. Amazing Talents of the Newborn: (year) - 30 min/color video**

Designed to enhance appreciation for the innate and often over-looked abilities of the newborns, and in so doing of the newborns developmental needs.

Ordering information:

Johnson & Johnson Pediatric Institute, P.O. Box 2904 Clifton, NJ 07015  
Info: 1-877-565-3299

**B30. Touch...A Parent’s Guide to Infant Massage: (year) – 20 min/color video**

Studies from Touch Research Institutes, indicates that message can help your baby sleep longer and more soundly, promote healthy weight gain, improve muscle development, and strengthen the bond between you and your infant. You’ll also learn how to use various techniques to develop the message your baby likes best.

Ordering information:

Johnson & Johnson Pediatric Institute, P.O. Box 2904 Clifton, NJ 07015  
Info: 1-877-565-3299

**B31. Seeing Infants with New Eyes with Magda Gerber: 1984 -26 min/color video**

This is an enjoyable film about the teaching of Magda Gerber. Her philosophy includes letting babies be babies, respecting your baby, observing during uninterrupted play and interacting with your baby during care-giving times. The video focuses mainly on the first three years of a baby’s life and the relationship between a baby and her parent. Excellent for first-time parents as well as parent who have new babies.

**CHILD DEVELOPMENT/PARENTING**

**C33. Systematic Training for Effective Parenting (STEP) on Tape: (year) – Video, Audio & Text Supplemental.**

This video and audio tape series provides a practical approach to raising children. For parents and caregivers who are interested in the STEP program but are unable to attend an actual series.

Ordering information:

Aviva Schwab, M.ED, Step Instructor  
Info: 845-343-7845

**C34. Child Development Video Series (UNICEF Videos): 1998 – Five, 10-37 min/ color video series**

This animated video series explores the development of a child. Video titles:

1. **Off to a Good Start**
2. **A time of Adventure**
3. **Pathways to Learning**
4. **Ready for school**
5. **Growing and Changing**

Ordering information:

Delmar Publishing, Albany, NY  
Info: 518-464-3500

**C35. Small Wonders: Early Brain Development: 11 minute/color video**

This video takes a detailed look at the development of a baby’s brain. Research shows that interaction with babies and sensory integration are vital parts to the brain’s growth. Importance of early language and literary development is emphasized.

Ordering information:

National Center for Family Literacy, 325 West Main Street, Suite 200, Louisville, KY 40202-4251

Info: 502-584-1133

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

**C36. Disciplining (without screaming and scolding): 1997 - 20 minute/color video**

This video paints a dramatic picture of the wrong way to discipline kids and gives clear, practical ideas on a better way. Parents often repeat the style of discipline used in their own upbringing. Parents who pay attention only to “bad” behavior teach their children that misbehavior is the best way to gain attention. This video shows how to use effective encouragement, and how to use effective reprimand, when needed.

Ordering information:

Child Development Media, Inc., 5632 Van Nuys Blvd., Suite 286 Van Nuys, CA 31401

Info: 1-800-405-8942

**C37. A Parents Guide to Temperament: Four Video Tape Series:**

This series of four video tapes was developed to introduce parents to the temperament approach of understanding the behavior of preschool-aged children.

**Knowing Your Child: 14 minute/color video**

In this video parents learn about the nine different temperament traits children have and the combination of temperament traits that may cause behavior problems. Some techniques that parent might try in order to prevent these temperament based problems are identified and demonstrated.

**Understanding Your Active, Slow-Adapting Child: 16 minute/color video**

In this video parents learn about the different behavior issues that are common for children with the temperament combination of high-activity, slow-adaptive, and low rhythmicity. Children are shown at home and at play demonstrating some of the main characteristics of this combination. Parents are offered some techniques that they might try to prevent these behaviors and increase adaptability.

**Understanding Your Intense, Slow-adapting Child: 17 minute/color video**

In this video parents learn about the different behavior issues that are common for children with the temperament combination of high-intensity and slow-adapting, the pre-existing conditions that may precipitate behavior problems by reducing adaptability, event that act as “triggers”, and some techniques parents might try in order to prevent these behaviors.

**Understanding Your Sensitive and Withdrawing Child: 15 minute/color video**

In this video parents learn about the different behavior issues that are common for withdrawing children with high sensitivity and intensity, and some techniques parents might try in order to prevent these temperament-based problems.

Ordering Information:

Child Development Media, Inc., 5632 Van Nuys Blvd., Suite 286 Van Nuys, CA 31401

Info: 1-800-405-8942

**C38. Jumpin’ Johnny Get Back To Work!; A Child’s Book & Video Guide to ADHD/Hyperactivity: 1994**

The book that has become a good friend to thousands of ADHD youngsters now hits the video screen. This delightful animated cartoon tells Jumpin’ Johnny’s story so cleverly that even the most fidgety of youngsters will pay close attention. ADHD children can finally learn about their problem in a format that will hold their interest and motivate them to become part of the treatment process. The whole family will learn from and enjoy this captivating program.

Ordering Information:

GSI Publications, Inc., PO Box 746, DeWitt, NY 13214

Info: 315-446-4849

**C39. Love and Anger: The Parential Dilemma: 1991 - 90 minute/audio tape**

Nancy Samalin’s *Love and Anger* is an indispensable tool for guilt-free parenting – one that will help you discipline your children lovingly, effectively, and consistently. Her goal is not to eliminate anger, but to help parents express it without hurting their children. This tape offers easy to follow techniques which can provide loving alternatives to the bribing and threatening which many parents feel forced to use.

Ordering Information:

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Penguin Audiobooks, 375 Hudson Street, New York, NY 10014

**C40. Loving Your Child is Not Enough: Positive Discipline That Works: 1987- 90 minute/audio tape**

Nancy Samalin's proven approach to child-raising is dedicated to two principles: teaching parents to set clear and consistent behavioral guidelines and enhancing children's self-esteem. On this cassette, Samalin offers indispensable advice on: Avoiding daily battles; why punishment doesn't work-and what does work; dealing with anger and guilt; sibling rivalry; alternatives to yelling, nagging, bribing and threats; and much more.

Ordering Information:

Penguin- HighBridge Audio, 1000 Westgate Dr., St. Paul, MN 55114

**CRITICAL ISSUES**

**F.17 The Real Deal About Birth Control: 2001 – 18 minute/color video**

A short video for teen by teens about hormonal methods of birth control. A visit to Planned Parenthood empowers teen women to sort through the myths and rumors they've heard about hormonal methods, and to make their decisions based on "the real deal."

Ordering information:

Planned Parenthood of the Mid-Hudson Valley, Inc., Heath Education Resource Center, 26 West St. Newburgh, NY 12550 Info: 845-562-3098

**F.18 Imagine: The Real Cost of Teen Pregnancy: 2000 – 4min/color video**

The statistics and fact of teen pregnancy are featured in this short video.

Ordering information:

The National Campaign to Prevent Teen Pregnancy, 1776 Mass. Ave., NW, Suite 200, Washington DC 20036

Info: 202-478-8500

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

**F.19A&B Saving Our Schools: From Hate and Violence Part 1 & 2: 2000 – 28 minute color videos  
Breaking the Silence About Hate and violence – Part 1**

Students are encouraged to break the silence about hate and violence and share shown why they must stop keeping dangerous secrets about their friends and fellow students. By exploring the hidden conflicts and unspoken pain that are the breeding grounds of violence, students learn to identify potential flashpoints in their schools, as well as signs of stress in their friends to get adults help in troubling or frightening situations and how they can become their school's "early warning system". Issues of student privacy, secrets between friends and tattling are explored as students learn their fundamental responsibility to keep adults informed about potential violence. Leader's guide included.

**Building Caring and Safe School Communities – Part 2**

In-groups and social cliques are as old as high school itself and are a basic dynamic of teen life. However, when they are used to constantly exclude individuals students and stigmatize them as outsiders, dangerous dynamics often develop. This program explores and details ways students can ease the social isolation of any and all students by creating a caring and inclusive school culture. Topics include: why students join groups, how groups achieve status, how outsiders are treated, how racial, gender, and sexual identity issues affect school communities, and how we can create school cultures that value include all students. Leader's Guide included.

Ordering Information:

At-Risk Resources, 135 Dupont Street, PO Box 760, Plainview, NY 1803-0706

Info: 1-800-99- YOUTH

**F20. A Walk In Your Shoes: Teen Pregnancy: 2002 – 25 minute color video**

This television series takes youth from all walks of life and gives them the opportunity to spend time living the life of another youth. This particular show takes a teen couple and gives them the opportunity to see what the day in the life of two teen parents is like. After feedings, diaper changes, shopping for baby supplies, and working to support their child, these two teens realize that being a parent is not easy, and being a teen parent

is even harder. This program was filmed with the help of Cornell Cooperative Extension of Orange County and uses teens from the Orange County area.

Ordering Information:

Bullfrog Productions, 114 east, 32<sup>nd</sup> Street, 18<sup>th</sup> floor, New York 10016  
Information: 212-679-0101

**F21. Using Your Wits: Strategies to Stop Bullying: 11minute color video**

Proven effective in elementary school trials for reducing bullying, this research-based program consists of six dramatizations that show elementary school students sure-fire ways of defusing and prevailing in common bullying situations. Students are taught to use their WITS, which stands for Walk away, Ignore the person, Talk it out if you can or Seek help. This video also includes student activities and Fact Sheets.

Ordering Information:

Human Relations Media, 41 Kensico Drive, Mount Kisco, NY 10549  
Info: 1-800-431-2050

**AGING**

**G9. BIG MAMA: 2001 – 40 min. color video**

Winner of an Oscar in the Documentary Short category, Big Mama depicts this devoted grandmother's struggle to raise her orphaned grandson under the watchful eye of a complex and difficult social welfare system.

Ordering information:

California New Reel, 149 Ninth Street, No. 420, San Francisco, CA 94103  
Info: 415-621-6196

**COMMUNICATION**

**H9. That's a Family: 2002- 34min. color video**

A highly entertaining half-hour documentary that breaks new ground in helping kids see and understand many of the different shapes that families can take today.

Ordering Information:

Women's Education Media, 2180 Bryant Street, Suite #203, San Francisco, CA 94110  
Info: 415-641-4616

**CURRICULA**

**J10A. National Reading Panel: Teaching Children to Read Second Edition: 2002-10min. color video & Report**

An evidence based assessment of the scientific research literature on reading and its implications for reading instruction. Information given by the National Reading Panel on their research into: Phonemic awareness, reading fluency, reading comprehension, teacher education, computer technology and identify gaps in current reading curricula.

Ordering Information:

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

**J46a. Positive Images: Teaching Abstinence, Contraception and Sexual Health**

Written by Peggy Brick and Bill Taverner

This book distributed by Planned Parenthood, and is a resource for teachers who want to help students figure out what is really important in the area of sexuality. This curriculum focuses not simply on the mechanics of prevention behavior but on the crucial developmental, social, emotional, interpersonal, historical, cultural, and even cross cultural forces that shape it.

Ordering Information:

Planned Parenthood of Greater Northern NJ, Inc., 196 Speedwell Ave, Morristown, NJ 07960  
Info: (973) 539-9580  
[www.plannedparenthoodnj.com/education.htm](http://www.plannedparenthoodnj.com/education.htm)

### **J61. Preparing Tomorrow's Parents Today**

The Parenting Projects aim in producing this Guide is to provide educators and other advocated with the tools and information necessary for the establishment of parenting preparation programs for children and teens. The Guide describes the need for and the importance of parenting education and provides an overview of successful programs offered in schools and by other community organizations.

#### Ordering Information:

The Parenting Project, 5776 Hamilton Way, Boca Raton, FL 33496

Info: 888-PARENTS

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

### **J62. Parenting: Rewards & Responsibilities: Textbook & Supplemental Materials 6<sup>th</sup> edition 2003**

This text book prepares students for the challenges and joys of parenting. Feature topics include: Building parenting skills; Importance of commitment, alertness, patience, and creativity as a parent; Raising Children with Character; Parenting Questions and Answers; and Exploring Career Options. Health, safety, and Cross-Curricular information are integrated throughout the text. This teaching tool includes the text book, re-teaching activities workbook, Practicing Parenting workbook, Parent and Home Involvement workbook, and a student workbook.

#### Ordering Information:

Glenco McGraw Hill, PO Box 508, Columbus, OH 43216

Info: 1-800-334-7344

[www.glencoe.com](http://www.glencoe.com)

### **J63. Fragile: Handle With Care: A Shaken baby Syndrome Prevention Facilitator's Guide**

This prevention facilitators guide goes along with the Portrait of a Promise Video, giving you the materials you will need to present this very important topic to parents, and anyone working with children and families. The guide includes a presentation script, numbered transparencies, two videos, and brochures to share with participants.

#### Ordering Information:

Midwest Children's Resource Center, Suite 200, 360 Sherman Street, St. Paul, Minnesota 55102

Info: 651-220-6703

### **J64. Developmental Profiles: Pre-Birth Through Eight 3<sup>rd</sup> Edition:**

This small text offers a comprehensive, yet concise guide to the development of young children. Parent, caregivers, and educators alike will find this book interesting and informative. It describes developmental milestones from pre-birth through age eight in a non-technical style. *Developmental Profiles* provides basic knowledge, informing readers of what they readers of what they can expect and how they can provide appropriate learning experiences at each stage of development.

#### Ordering Information:

Delmar Publishers

Info: <http://www.delmar.com>

### **J65. The Decision is Your Series: 1987 paperback books *Previously II.***

Three small paperback book series that present realistic situations and allow the reader to choose their own path and see the consequences of their decision. Book titles, Bully on the Bus, Finders Keepers, and Making the Grade

#### Ordering Information:

Parenting Press, Inc., P.O. Box 75267, Seattle, WA 98125

### **J66. Violence Prevention Resource Guide for Parents (previously I2.)**

Written by Peggy Patten and Anne S. Robertson

This publication has been organized to offer easy access to information on the three primary developmental stages in childhood: *The Early Years*, *The Middle Years*, and *The Teen Years*. Within each section are subsections that identify some of the issues that have an impact on violence in children, and over

which parents have a significant amount of control. In addition, each subsection has been sum as a one-page handout for busy parents and professional (this can also be easily copied and shared with others)

Ordering Information:

ERIC/EECE Publications, Uiversity of Illiinois at Urbana-Champaign, Children’s Research Enter, Room 11, 51 Gerty Drive, Champaign, IL 61820-7469

Info: 217-333-1386

**J67. Parenting A Second Time Around: 2002**

*Write-up in current catalogue*

Ordering Information:

Media & Technology Resource Center (DW), Cornell University, 7 Cornell Business & Technology Park, Ithaca, NY 14850

Info: [resctr@cornell.edu](mailto:resctr@cornell.edu) or <http://www.cce.cornell.edu/publication/catalog.html>

**J68. Caring for Infants and Young Children: Teachers Guide 1989**

A guide for teachers working with youth. This guide includes 54 reproducible masters, audio cassette and teachers guide with answer key.

Ordering Information:

J. Weston Walch Publisher, PO Box 658 Portland Maine 04104-0658

**J69. Discipline is NOT a Dirty Word: Workshop outline: 1987, 1995, 2001**

Written by Jennifer Birckmayer

This curriculum lists seven principles of discipline that parents, teachers, and others can use with children. These include focusing on “do” instead of “don’t” statements; helping children to feel lovable and capable; offering children appropriate choices; changing the environment rather than the child’s behavior in certain situations; working with rather than against children; giving children safe limits they can understand; and setting a good example. These seven principles are designed to help you remember them during difficult times.

Ordering Information:

Media & Technology Resource Center (DW), Cornell University, 7 Cornell Business & Technology Park, Ithaca, NY 14850

Info: [resctr@cornell.edu](mailto:resctr@cornell.edu) or <http://www.cce.cornell.edu/publication/catalog.html>

**J70. A Smart Start: Nutrition for Life Grades 9-12**

This easy to use curriculum addresses the many important health issues related to teenage pregnancy and parenting. The materials seek to help mothers promote the healthy development of their babies and prevent such harmful consequences of premature parenthood as low birth weight, infant mortality, and child abuse and neglect. Lesson topics include: Changing bodies, the Inside story, Gaining Well, Breast or Bottle?, What babies are like and Taking Care.

Ordering Information:

Media & Technology Resource Center (DW), Cornell University, 7 Cornell Business & Technology Park, Ithaca, NY 14850

Info: [resctr@cornell.edu](mailto:resctr@cornell.edu) or <http://www.cce.cornell.edu/publication/catalog.html>

**Curricula Tools**

**I1. Parenting Jeopardy Game: 2002/ Classroom Activity Game**

This game highlights parental responsibilities and information necessary to make an informed decision on when is the right time to become a parent. Through this game teams of students can test their knowledge and gain information on the realities of parenting, and the consequences of becoming a parent before you are ready.

**I2. The Cost of Raising a Child: The Price is Right?: 2002/Classroom Activity Game**

Through this interactive game “The Price is Right,” teams of students will learn about the real cost of raising a child for the first year of life.

**I3. BABYOPOLY An Educational Game...about life!**

An interactive way students can learn the consequences of taking on the role of a parent before you are ready.

**I4. Families and Aging: Dilemmas & Decisions: Activity Game**

An educational game during which players confront problems, dilemmas, and decisions families face in later years. These include placing a parent or spouse in a nursing home, providing care to an ill, older relative, and responding when a person says, "Let me Die." Players are challenged to examine their values and attitudes, to identify alternative approaches to problems, to view issues from the perspective of various family members, and to consider the impact of decisions on themselves and others.