



Education Service Network

PARENTING LIBRARY

Videos

Available on free loan to residents in Grundy, Kendall, and Will Counties for up to two weeks. Call (815) 941-3231 or stop in the Education Service Network office in the Grundy County Administration Center., 1320 Union St., Morris.

1-2-3 Magic (Child Management, 120 min. VHS): Thomas W. Phelan, Ph.D., helps parents get kids to stop negative behaviors and start behaving in a positive way. *(Also available in Spanish)*

More 1-2-3 Magic (Child Management, 120 min. VHS): Thomas W. Phelan, Ph.D., teaches parents how to encourage good behavior, independence, and self-esteem.

1,2,3,4 Parents! Parenting Children Ages 1 to 4 Video 1 (Active Parenting, 18 min., VHS): Michael H. Popkin, Ph.D., helps parents understand what they need to know about their 1- to 4-year-old, including stages of development.

1,2,3,4 Parents! Parenting Children Ages 1 to 4 Video 2 (Active Parenting, 13 min., VHS): Discipline and Beyond are explored by Michael H. Popkin, Ph.D., who teaches nonviolent discipline skills that work.

1,2,3,4 Parents! Parenting Children Ages 1 to 4 Video 3 (Active Parenting, 16 min., VHS): Building Better Behavior is the topic covered in this video by Michael H. Popkin, Ph.D.

A Baby's World (TLC, 60 min., VHS) Series

Vol. 1 Ages newborn to 1 year, learn how babies motivate others to care for them and how they battle to gain control of their bodies.

Vol. 2 Ages 1 to 2 years, children learn strategies to make objects they grasp into tools and the process of language acquisition.

Vol. 3 Ages 2 to 3 years, common experiences become a guide to thinking, reasoning, and relating. Also, what it means for a baby to experience love.

Achieve! Success for Young Fathers: Responsible Fatherhood—Taking Control of Your Future (American Guidance Service, VHS): Video provides motivation and advice for the young father.

Achieve! Success for Young Fathers: Practical Skills—How to Do Baby Care (American Guidance Service, VHS): Video teaches young fathers the practical skills of baby care.

Achieve! Success for Young Fathers: Deciding to Succeed—Your Baby Needs You (American Guidance Service, VHS): Video helps young fathers define their role and recognize joy and satisfaction in that role.

Achieve! Success for Young Fathers: Successful Communication—How to Talk and Listen (American Guidance Service, VHS): Video helps young fathers relate to other people, including the mother of their children.

Active Parenting Now For Parents of Children Ages 5 to 12 (Active Parenting, VHS) Series

Tape 1—Parenting in the 21st Century. What is your style and how does it influence your child (26 min.)

Tape 2—Active Communication: How to win cooperation with your child (26 min.)

Tape 3—Effective Discipline: How to raise a responsible child (25 min.)

Tape 4—Sidestepping the Power Struggle: Redirecting your child's misbehavior (25 min.)

Tape 5—Building Character, Courage, and Self-Esteem in Your Child (23 min.)

Tape 6—The Magic of Family Meetings: Teaching problem-solving and positive values (28 min.)



ADHD: What Do We Know? (Guilford, 36 min., VHS): Video details the difficulties of living with the disorder in detail and the long-term outcome.

Amazing Talents of the Newborn (Johnson & Johnson, VHS): Marshall Klaus, M.D., helps parents and professionals understand the importance of the early moments of the newborn.

Child Development: The First Two Years (View Video, VHS): Provides a comprehensive guide to enhance your child's physical and mental development.

Children Learning Language: How Adults Can Help (Learning Seed, 24 min., VHS): Video shows parents how to create a language-rich environment that stimulates language competency.

Children: The Experts on Divorce (Mediation and Divorce Center, 38 min., VHS): Children speak from their own experience of going through their parents divorce. Parents can learn what their children think and need from them during and after separation.

Disciplining (without screaming & scolding) (Learning Seed, 20 min., VHS): Video teaches parents how to encourage good behavior and avoid rewarding misbehavior with attention.

5 Essentials of Successful Parenting Volume 4 (Injoy Videos, 15 min., VHS): This volume covers Positive Discipline, helping parents guide their child toward good behavior that is developmentally appropriate.

Everybody's Kids (Newist, 60 min., VHS): Video gives a call to action for parents to become more involved in the lives of their children. Features an interview with Dr. Bruce Perry, who conducted primary brain research on ages birth to 3.

Gone Too Far? Kids Talk About TV (Boston University, 30 min., VHS): Film by Sam Kauffman examines the effects of television and film on children.

I Am Your Child: The First Years Last Forever (Johnson & Johnson, 29 min., VHS): Research in brain development is explored in this video to show the importance of the relationship between caregiver and child in the first years of life.

Exploring First Feelings (Child Development Media, 21 min., VHS): Using actual footage of parents and caregivers interacting with their young children, this tape illustrates milestones in the emotional development of infants and toddlers.

Grandparenting: Enriching Lives—An Essential Guide for Today's Grandparents (Civitas, 30 min., VHS): Hosted by Maya Angelou, this video focuses on the importance of the grandparent-parent-child relationship.

Growing Opportunities (Castalia, VHS) **Preschool Series**
Part 1—Confidence Building (21 min.).
Part 2—Limit Setting (15 min.)
Part 3—Problem Solving (11 min.)

Healthy Touch—Infant Massage for Teenage Parents (Three Hearts LLC, 40 min., VHS): Teens learn skills from this video that help them deepen their contact and relationship with their babies.

The Heart of Learning (Child Development Media, Inc., 26 min., VHS): This program accompanies five diverse families through the joys and challenges of raising their children and shows how they provide environments in which their children can thrive and learn.

How to Talk So Kids Will Listen (Negotiation Institute, VHS) **Parenting Series**

- Program 1**—Helping Children Deal with their Feelings
- Program 2**—Engaging Cooperation
- Program 3**—Alternatives to Punishment
- Program 4**—Encouraging Autonomy
- Program 5**—Praise
- Program 6**—Freeing Children from Playing Roles

If You Can Talk to your Kids About Sex, You Can Talk to Them About Anything (BMG, 54 min., VHS): Video helps you be the major source of sex education for your children. Lennie Roseman presents her successful communication techniques.

Infant Development: A First-Year Guide to Growth and Learning (Johnson & Johnson, 45 min., VHS): Dr. T. Berry Brazelton and Dr. Greenspan helps you learn: how baby sets his own pace, how to guide development and about bonding and interaction between parent/child and much more.



Kids & Food (Learning Seed, 24 min., VHS): Explores both the nutritional and psychological problems of feeding kids. How can parents and care-givers be sure their kids eat healthful meals?

Kidsrights: Baby Basics (Kidsrights, VHS): Assists new parents in the basics of baby care, from feeding and diapering to dealing with your child's growth and development.

Kidsrights: Happy, Healthy Babies (Kidsrights, VHS): Practical advice for young parents on the tasks and challenges of parenting the newborn.

Kidsrights: Parenting Preschoolers (Kidsrights, 58 min., VHS): Practical advice for parents on sibling rivalry and other challenges presented by preschoolers.

Lamaze: You and Your Baby (Parents' Magazine, VHS): Provides basic information about infant care and a new mother's special needs.

Learning Basic Skills: Music by Hap Palmer (Educational Activities, Inc., 25 min., VHS): Music and activities from Hap Palmer can be used with 3- to 7-year-old children to teach them that learning can be fun.

Learning Before School: How Parents Can Help (Learning Seed, 19 min., VHS): Video covers the three basic areas in which to give young children an academic boost: communication, self-discipline, and curiosity.

Lessons from the Ones We Love (Boston University, 21 min., VHS): Video examines the role parents and teachers play in a child's learning.

Magna Systems Early Childhood Training Videos (Magna Systems, VHS)

Children of Neglect MOD 71 (26 min.)

The Developing Child Infancy: Beginnings in Cognitive Development (29 min.)

The Developing Child Theories of Development (29 min.)

The Developing Child Module 11–Infancy: Early Relationships (19 min.)

The Developing Child Module 12–Infancy: Self and Social World (15 min.)

The Developing Child Module 13–Early Child Care & Education (36 min.)

The Developing Child Module 14–Child in the Family (37 min.)

The Developing Child Module 18–Toddlerhood: Emotional Development (29 min.)

The Developing Child Module 20–Preschoolers: Social and Emotional Development (29 min.)

The Developing Child Module 22–Language Development (32 min.)

Family Matters—The Importance of Families MOD 68 (26 min.)

Grandparenting MOD 94 (29 min.)

Mutual Respect MOD 72 (15 min.)

Styles of Parenting (24 min.)

McGruff on Dangerous Strangers Grades K-5(AIMS Multimedia 15 min., VHS): McGruff the Crime Dog reviews practical ways children can stay safe on the way to and from school.

Mis Padres, Mis Maestros (My Parents, My Teachers) Spanish/English (El Valor, 18 min., VHS): This Spanish language video shows parents that from birth, children need to be enriched through reading, communication, music, and play every day.

My Brother Bit Me: Parenting Siblings (Learning Seed, 19 min., VHS): This video discusses how to prepare for a new sibling, when/how to intervene in sibling disputes, the difference between tattling and telling, and why parents need to establish clear family rules/policies.

The Nature of Human Attachments in Infancy (Infant-Parent Institute, 56 min., VHS): Video introduction to the parent-child attachment process for practitioners, families, faculty and students.

Negative Behavior, Positive Discipline (Cambridge Educational, 25 min., VHS): This program shows parents and educators how to positively discipline children in a manner that makes the child more self-confident instead of less self-reliant.

The Newborn, The Family, and The Dance (Infant-Parent Institute, 58 min., VHS): Video highlights the development and evolution of the two-way infant-parent interactions. Appropriate for parent and pre-parent groups and for training infant mental-health clinicians and other health-care professionals.



Now You're Talking! Parents and Kids Talk Straight About Alcohol and Other Drugs (Aid Association for Lutherans, 30 min.): This program, designed for families with children age 9 and older, dramatizes typical situations involving families and the sensitive issues they face concerning alcohol and other drugs.

Parenting for Prevention: How to Help Kids Be Sensible, Safe, and Secure (Hazelden, 15 min., VHS)
Parenting Series

Program 1—How to Stop Enabling and Start Empowering Kids

Program 2—How to Set Limits for Kids

Program 3—How to Enforce Consequences When Kids Violate Limits

Program 4—How to Confront Kids When They're Doing Wrong; How to Encourage Kids When They're Doing Right

Program 5—How to Teach Kids to Handle Anger Without Violence

Program 6—How to Teach Kids to Resolve Conflicts Without Violence

Parent Involvement: Partners Toward Achievement (Success-N-School, 25 min., VHS): This program can be used by a facilitator to work on parent involvement activities to promote success at school.

Parents On Board: Building Academic Success Through Parent Involvement (Active Parenting, VHS)
Series for Elementary School:

Tape 1—Preparing Your Child to Succeed

Tape 2—Encouraging Positive Behavior

Tape 3—Reinforcing Your Child's Academic Skills

Proms and Pacifiers: Teens As Parents (Education Associates, VHS): Video explores the consequences of teenage pregnancy including the realities of parenthood, the balancing of school, work, and finances, the effects on family and social relationships, and parenting skills.

Right from the Start (Child Development Media, 60 min., VHS): This video reviews the research around bonding and attachment between parent and infant child.

The Road to Reading (Child Development Media, 29 min., VHS): This video presents strategies for bolstering the future reading skills of young children.

Safety Starts at Home (Injoy Videos, 52 min., VHS): This video presents the latest recommended child-proofing techniques and injury prevention strategies.

Setting Limits and Boundaries: How to Say No to Your Kids (Childsense, 24 min., VHS): This program includes ideas for setting family rules and expectations, techniques for staying firm when children try to negotiate, and methods for setting appropriate consequences when rules are broken.

Shaping Youngest Minds (Learning Seed, 24 min., VHS): At birth, the brain is remarkably unfinished; its 100 billion neurons are not yet connected. How the brain is "wired" for life depends on how a child experiences the world and forms attachments to parents, family, and care-givers.

Six Steps to Developing Responsibility (Sunrise Productions, VHS): Presenter H. Steven Glenn helps parents pursue the goal of instilling responsibility and self-reliance in their children.

Spanking: What to Do Instead (Gold Bell Prod., 30 min) Video shows four common scenes that often lead to spanking, hitting, or shaking and a number of common-sense, proven parenting techniques.

So You're Going to Be a Parent (United Learning, 30 min., VHS): Video is designed to help viewers develop awareness of the responsibilities, demands, and joys of being a parent.

Solutions to 10 Common Parenting Problems (Cambridge Educational, 30 min., VHS): This program addresses toilet training, thumb-sucking, temper tantrums, and other common problems.

Styles of Parenting (Learning Seed, 20 min., VHS): Dr. Robert Karen explores with parents the challenges of today's parenting, how experiences with our parents influence how we treat our own children. He also shows how these same patterns reveal themselves in adult relationships.

Successful Parenting (Active Parenting, VHS) **Series:**

Part 1—Self-Esteem is the Key (17 min.)

Part 2—Communication is Crucial (17 min.)

Part 3—Discipline Makes the Difference (17 min.)



Surviving Your Adolescents (Child Management, 130 min.): How to manage and let go of your 13-18 year olds. This video gives a step-by-step approach that will help end the hassles and offer concrete solutions. You will learn what is normal behavior, what not to do, and 5 ways to improve your relationship.

Table Manners for Kids, Tots to Teens (Public Media Video, 34 min): Etiquette expert Marjabelle Young Stewart shows children ages six to 16 how to learn the rules of behavior at an elegant restaurant.

Talking From Infancy: How to Nurture & Cultivate Early Language Development (Center for Early Learning and Child Care, 96 min., VHS): Child Development expert Dr. William Fowler reviews a set of simple practices for parents, teachers, and child care providers to use to stimulate, encourage, and support children's language development.

Talking Together—The Movie: A Guide to Speech and Language Development in Young Children (18 min., VHS): This video for parents shows how to focus on and take advantage of the natural uses of language that go on every day.

Taking Charge of Your TV (HBO, 4 min., VHS): TV host Rosie O'Donnell shares four steps to helping your family begin a dialogue that turns television viewing into a positive and educational experience.

Teenage Pregnancy (United Learning, 30 min., VHS): This program is designed to educate adolescents about the facts of teenage pregnancy, including its physical and emotional elements.

Ten Things Every Child Needs (WTTW, 60 min., VHS): Tim Reid hosts this documentary that explains how our earliest interactions with children influence brain development with a simple 10-point checklist.

Ten Ways to Be a Better Parent (Cambridge Career Products, 38 min., VHS): Parents learn about ways to develop trust, the importance of spending time together, the benefits of communication, and how to provide experiences that foster growth and learning.

Touch Point Series with baby doctor Dr. T. Berry Brazelton (Goodtimes Home Video, 45 min., VHS):

Vol. 1 Pregnancy, Birth, and the First Weeks of Life discusses parenting types, crying and calming, and work of attachment.

Vol. 2 The First Month Through the First Year covers the more practical matters in being a day-to-day parent.

Vol. 3 One Year Through Toddlerhood deals with the more complex issues as 2- and 3-year-olds discover and exercise their independence.

Understanding Parenting Styles: Authoritarian-Democratic-Permissive (Meridian Ed. Corp., 27 min., VHS) This video tells the story of three teenagers each raised with a different parenting style.

What Do I Do When? Managing Normal Defiance & Aggression in Young Children (Family-Wise, VHS): Volume 1 in the series.

Winning at Parenting Without Beating Your Kids (Kids Are Worth It, 125 min., VHS): Humorous approach to mealtime, bedtime, chores and getting your kids out of the local jail.

Working Parents (United Learning, VHS): Many parents enjoy the challenge of having both career and family, but also want to be an integral part of their child's childhood. This video addresses the balancing act that can be accomplished through commitment, organization, compromise, and desire.

Yelling, Threatening & Putting Down—What to Do Instead (Injoy Videos, 25 min., VHS): This program presents commonsense techniques for dealing with four challenging interactions with the two- to 10-year-old.

Your Healthy Baby (Lifetime Institute,, VHS): This Lamaze program provides young parents with basic information about infant care and a new mother's special needs.