

#9965 HEALTHY STEPS FOR TEEN PARENTS: VOLUME 3-- POSTPARTUM

INJOY VIDEOS, 2000

Grade Level: Adult

25 Minutes

4 Instructional Graphics



CAPTIONED MEDIA PROGRAM RELATED RESOURCES

[#9912 THE TEEN FILES FLIPPED: SEXUAL RESPONSIBILITY](#)

[#9964 14 STEPS TO BETTER BREASTFEEDING](#)

[#9966 HOSPITAL TO HOME](#)

HEALTHY STEPS FOR TEEN PARENTS

Volume 3: Postpartum

Sarah, 18: "It's really scary being a mom. I'm always worried - am I doing the right thing, is she okay? But, I love it. I can't imagine not being a mom anymore. I can't remember life before."

Jason, 19: "Being a dad is a great feeling. Jaivyn is a big part of my life. He's basically my decision-maker. Before I do anything, I always have to think of him first."

INTRODUCTION

Pregnancy may seem like a huge change for teens, but wait until they are home with a baby! This is when reality really sets in. From the baby blues, to breastfeeding, to bonding, parenting brings with it many ups and downs. Teens have special concerns with social issues, three-generational living, school, and work. By showing teens what to expect after birth, it will help them ease the transition into parenthood. This program covers the topics they will face in the first month or so after birth: emotions, physical recovery, basic baby care, newborn characteristics, relationships, daycare options, and more.

Our three hosts return along with other teen parents to explain what it is like to have a baby, and how to interact with the baby to offer him or her the most stimulation and love. Many practical baby care tips are also shared, giving your students a good base of knowledge on how to care for their own babies. Aside from baby-related issues, your students will see teens talking openly about the changes they have to make after the baby comes, especially in their relationships with their partners, family members, and friends. The responsible teen mothers and fathers who offer personal experiences throughout the program can be seen as good role models for the teens in your class.

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Volume 3, Postpartum: Suggested Target Group

This video is intended for use in secondary schools, clinics, hospitals, and teen pregnancy groups. The target audience for this program is pregnant teens and their partners. The program can be used in any stage of pregnancy, but may be most beneficial if viewed in the last trimester. This program can also be shown to teen parents soon after birth. To involve the students in all of activities in this guide may take more than one class period.

Provided Materials

- Videotape
- Facilitator's Guide
- 4 Reproducible Black Line Masters 11-14 (See back of guide.)

Audience Objectives

After viewing the program and participating in the activities included in this guide, your students should be able to

- Explain how a woman's body recovers after birth.
- Explain why eating right and exercising continue to be important after birth.
- Explain the difference between normal baby blues and postpartum depression.
- List solutions for parenting frustrations that do not put the baby in danger.
- List common hunger cues for babies.
- List the benefits of breastfeeding and some basic breastfeeding information.
- Explain what happens during a well-baby visit.
- List symptoms of a sick baby.
- Explain how to do basic baby care, including diapering, bathing, laying baby down to nap, holding a baby safely, using car seats, getting baby a social security number, and avoiding secondhand smoke.
- Explain the importance of responding to a baby's cries.
- Explain what a newborn sees and feels, including sight, sound, and touch.
- List ways to interact and bond with baby.
- Describe how romantic relationships might change after birth, and options for birth control.
- List things to talk about with family to make three-generational living a positive experience.
- Explain the importance of staying in school.
- List daycare options for returning to school.

Suggested Use of Materials

- Preview the video and facilitator's guide before presenting them to your class.
- Make copies of the *Pre-Quiz (Black Line Master 11)* and distribute to students. You can use this quiz to generate a discussion before viewing the program, and to gauge how much your students already know about the postpartum period.
- Present the video, stopping it if needed.
- Make copies of the *Post-Quiz (Black Line Master 12)* and distribute to students to complete. Discuss the answers to reinforce the new information.
- Facilitate a group discussion based on the *Discussion Questions* (pages 18-20).
- Involve the viewers in the *Activities* (page 21).
- Make copies of *Masters 13-14* distribute to class. Involve students in the exercises.

Program Overview

Volume 3: Postpartum

Segment 1: “Taking Care of Mom” Physical Recovery (1:24)

- Uterus shrinking, bleeding
- A fever could be a sign of infection
- Fatigue
- Eating right
- Exercising

Segment 2: “Roller Coaster” Postpartum Emotions (3:20)

- Baby blues
- Symptoms of more serious depression
- Bonding
- Dealing with frustration

Segment 3: “Burps, Baths, and Breastmilk” Basic Baby Care (8:05)

- Feeding (hunger cues, breastfeeding, formula feeding, combining)
- Medical Care, immunizations, symptoms of a sick baby
- Diaper changing
- Baths
- How to safely hold your baby
- Laying baby on her back to sleep to reduce SIDS
- Car seat safety
- Social security number
- Dangers of secondhand smoke

Segment 4: “Born to Learn” A Newborn’s World (3:05)

- Responding to cries
- A newborn’s senses
- Interacting with your newborn

Segment 5: “Dealing with Change” Relationships (5:55)

- Working it out with your partner
- Birth control
- Single moms
- Responsible dads, establishing paternity
- Family, three-generational living
- Friends

Segment 6: “The Next Step” School and Daycare (1:25)

- Importance of education
- Daycare options

Segment 7: “Making It Happen” (1:00)

Discussion Questions After Viewing
Volume 3: Postpartum

1. What kinds of changes and challenges will you face once you bring your baby home?
This is a general question, so answers may vary.
2. Why might you feel sad or stressed after you have your baby? What are the differences between normal baby blues and postpartum depression?
Hormones, stress of constant baby care and a new lifestyle may make you feel sad or stressed. Normal baby blues don't last as long as postpartum depression, and don't have such serious symptoms, such as harmful thoughts, and not eating or sleeping.
3. What do you think are the good parts of being a new parent?
Answers may vary, but bonding with a new baby and watching her change and grow are usually the first rewards of parenthood.
4. Why might you get frustrated with your baby? What should you do? What shouldn't you do?
Fussy babies can be very frustrating for parents. Try to have someone watch the baby, take a walk, put the baby in crib and walk away, or call a hotline. You should never leave your baby home alone, or shake or hit your baby.
5. Whom can you ask for help if you need it?
Answers may vary, but family members, friends, and professionals are usually good choices for help and support.
6. Why do you think it is important to continue to take care of yourself after the baby comes?
Eating right and exercising can help your body get back in shape and make recovery smoother. Eating right is still important, especially for breastfeeding moms, along with avoiding harmful substances that could get passed along to the baby through breastmilk.
7. What are some physical symptoms you may experience as your body recovers from childbirth?
Mild contractions, vaginal bleeding, soreness in the perineum, and fatigue may occur.
8. How can you tell when your baby is hungry?
When a baby's hungry, she may open her mouth and bring her hand towards it, or she may open her mouth when someone touches her lips lightly. She may also make a sucking motion with her mouth and tongue, turn her head toward your breast, make small body movements or sounds, and then cry.
9. Have you thought about how you will feed your baby? What are your options? What shouldn't you feed a newborn?
Answers may vary, but it is an important decision. Breastfeeding, formula feeding, or a combination of the two are the only options in the first months.

Newborns should not eat any solids, or drink any other drinks, including soda, juice, or sports drinks.

10. What are the benefits of breastfeeding?

Breastfeeding is beneficial because breastmilk is a healthier food choice designed especially for your baby's needs, being close increases bonding, it is less expensive than formula, it is more convenient than preparing a bottle, and it helps a mom's uterus contract after childbirth.

11. What will your baby's pediatrician do at a well-baby visit?

Your doctor will make sure your baby is growing properly through weighing and measuring, and do a physical exam. He or she will talk to you about getting immunizations for baby, and answer any of your questions

12. Why is it a good idea to pay attention to how many dirty diapers your baby has each day?

It lets you know that your baby is getting enough to eat.

13. Why is it so important to get a car seat and use it properly?

Car seats save lives, and it is the law to use one. A car seat will not work if it is not installed correctly.

14. Why should you get a social security number for your baby?

You will need it to apply for services for your baby and to get a tax deduction. Later in life, your child will need it to enroll in school, get a job, bank account etc.

15. What can you do to help your baby avoid secondhand smoke?

Avoid smoking sections in public places, ask family members to go outside to smoke, or take baby outside if someone is smoking.

16. Why do babies cry so much? What should you do? Do you think newborns can be spoiled?

Babies cry to communicate a need. They could be bored, hungry, lonely, tired, too hot or cold, over-stimulated, or have a wet diaper. You should respond to your baby's cries. Babies need to trust you and cannot be spoiled.

17. Describe how your newborn sees and hears. What do they need, like and dislike?

Newborns can see best 12 inches away and like to look at faces and contrasting colors. They like to hear their parents' voices and soothing music. They need to sleep and eat frequently. Babies need to be not too warm or cold, so they should be dressed the same as you plus one light layer. Newborns like to be played with and not be left staring at the ceiling all day. They don't like sudden changes or too much stimulation. They like to go on walks and like soothing motions, like baby swings.

18. Why is playing with your newborn so important? What are some safe ways to play?
Playing with your baby provides the stimulation needed to help your baby's brain develop. Read to your baby, sing to her, massage her, kiss her, take her on walks in a baby sling, and play music for her. But, don't be too rough and always support her head when holding her.
19. How might your relationships change after birth? What are some things you need to decide? Whose responsibility is it to get birth control?
With a new baby, there are more responsibilities that need to be shared, and there is less time for each other. You need to decide: How are you going to support your baby? Who should live where? What about baby care and house work? How will you help each other finish school? Couples should decide who is getting birth control, and to be safe you should take responsibility right after birth.
20. What can dads do to help their babies? How can it be beneficial for a baby to spend time with both of his parents? What does it mean to establish paternity?
Dads can share baby care responsibilities and play with their babies in the same ways moms can, and help out financially. It is good for a child to have a male role model and know that his father cares. Establishing paternity means that you sign legal papers stating that you are the father.
21. What are some things you should talk to your family about if you plan to live with them and your baby?
Address the questions: What housework are you responsible for? Are you going to pay rent? What personal space are you given? How much help can you expect from your family?
22. How might things change with your friends after you have your baby? What are some other options for you socially?
Friends who can't relate may not stick around, but you can find new friends in other teen parents, including parenting groups.
23. What daycare options did you learn about that you didn't know before? Do you know what you will do regarding daycare?
The following are all options you should research: transferring to a high school in your area that has a daycare program, asking a relative to watch your baby while you're at school or work, trading childcare with another parent, working opposite hours than your partner and sharing child care responsibilities, taking advantage of programs that can help with daycare while you further your education, finding a local college that has a daycare center, enrolling in a welfare program that provides daycare while you participate in on-the-job training, paying for a private daycare center, or childcare in someone's home.

Activities
Volume 3: Postpartum

1. Invite a new teen mom in to talk to your class about personal experiences in the postpartum period.
2. Have students research more about the benefits of breastmilk. Have them create a chart comparing breastmilk to formula.
3. Have students research child development and create posters about what a baby can do during the different stages, including developmental milestones. Have students talk about how they should interact with and discipline their children during these stages most effectively.
4. If students are still pregnant, arrange for them to work in a nursery or daycare center for a day. Have them write a journal entry about their day. What were the challenges? What were the rewards?
5. Have students create a budget for the first months after having a baby. Have them compare things like breastfeeding vs. formula feeding, living at home vs. getting their own place, etc. (Also, what if they got pregnant again? How would this affect them financially?)
6. Invite professionals from different fields to speak to your class about career options after high school. Have them stress the importance of education and having the self-esteem and drive to succeed in life.
7. Have students research ways to childproof their homes.
8. Invite a teacher of a basic baby care class come in to show moms and dads how to diaper babies, breastfeeding positions, etc. Have the teacher sign students up for a more in-depth class if possible.
9. Have students research daycare options in your area. Have them make a list of questions to ask the daycare provider.
10. **ROLE PLAY:** Think of a problem you might have at home, and how you might work it out. For example: Teen doesn't have enough privacy, grandma thinks she baby sits too much, teen thinks grandma tells her how to parent too much, sister thinks baby is too loud, boyfriend wants to move in, boyfriend doesn't get along with parents, etc. Students should discover the most effective ways to work out problems.
11. Invite a clinician to speak to class about birth control options. Have them bring examples for students.

Answer Keys to Black Line Masters 11-13

Volume 3: Postpartum

Pre-Quiz (Master 11)

- | | | |
|----------|-----------|-----------|
| 1. True | 7. False | 13. False |
| 2. False | 8. False | 14. True |
| 3. c | 9. True | 15. False |
| 4. False | 10. False | 16. True |
| 5. b | 11. True | 17. True |
| 6. False | 12. False | |

Post-Quiz (Master 12)

1. a, d, e
2. give baby to trusted adult and take a walk, put baby in crib and go to nearby room, call parenting hotline
3. True
4. True
5. sucking, hand-to-mouth, turning to breast, small movements or sounds, open mouth when lips are touched lightly
6. True
7. False
8. True
9. d
10. True
11. False
12. False
13. hungry, lonely, bored, tired, wet diaper, over-stimulated, too hot or cold
14. read, talk, dance, sing, kiss, massage, walk, rock, toys
15. True
16. Ask a family member to watch your baby, enroll in a high school with a daycare program, trade daycare time with another parent, etc.

Vocabulary and Word Search (Master 13)

- | | |
|---------------------|-------------------|
| 1. blues | 16. ceiling |
| 2. bonding | 17. birth control |
| 3. shrinking | 18. paternity |
| 4. fever | 19. school |
| 5. exercising | 20. daycare |
| 6. hungry | 21. shake |
| 7. bottle | 22. breastmilk |
| 8. immunizations | 23. pediatrician |
| 9. bath | 24. diapers |
| 10. back | 25. cry |
| 11. car seat | 26. soothing |
| 12. social security | 27. colors |
| 13. smoke | 28. spoil |
| 14. responds | 29. sleep |
| 15. faces | 30. help |

Resources

Websites

<http://www.childbirth.org>
<http://www.parentsplace.com>
<http://www.babycenter.com>
<http://www.storknet.org>
<http://www.clicked.com/babytime>
<http://www.chattownusa.com/Avenues/Teen/teenparents/> (*Specifically for teens, including a chat room.*)
<http://www.medvalet.com> (*Click on Teen Pregnancy/Maternal and Neonatal Health.*)
<http://www.fathers.com> (*Helpful information for teen dads and ideas for father programs.*)

Important Phone Numbers

American Academy of Pediatrics 1-800-433-9016 (www.aap.org)
Children's Services Hotline (*Many local phonebooks list a 24-hour hotline that can be called about child abuse, child neglect, and sexual abuse. It is listed under the "Community Service Numbers" in the community pages. Other helpful numbers are also listed on this page.*)
La Leche League 1-800-525-3243 (www.lalecheleague.org)
Medicaid 1-800-633-4227
Parents Anonymous (909) 621-6184 (*National headquarters where information can be obtained about programs in your area*)
Social Security 1-800-772-1213
WIC, Women Infant Children (*Local numbers vary. Check the government pages in your phonebook. WIC is listed under the Health Department.*)

Other Titles of Interest from InJoy Videos

(*Call 1-800-326-2082, or visit www.injoyvideos.com for a complete list of available programs.*)

Prenatal

Adoption Option
Voices: The Reality of Early Childbearing
Healthy Journey: Your Contemporary Guide to Pregnancy (Available in Spanish)

Labor

Choices in Childbirth, Volume 1: Epidural Anesthesia (Available in Spanish)
Choices in Childbirth, Volume 2: Induction and Augmentation of Labor (Available in Spanish)
Choices in Childbirth, Volume 3: Cesarean Birth (Available in Spanish)
The Stages of Labor: A Visual Guide for Teens (Available in Spanish)
Teen Parents: Three Birth Stories

Breastfeeding

Teen Breastfeeding: The Natural Choice, Part 1: Why Breastfeed? (Available in Spanish)
Teen Breastfeeding: The Natural Choice, Part 2: Starting Out Right (Available in Spanish)

Parenting

Still Shiny: The Newborn's First 28 Days (Available in Spanish)
Safety Starts at Home: The Essential Childproofing Guide (Available in Spanish)
Age-Appropriate Play: The First Four Years (Available in Spanish)
Healthy Touch: Infant Massage for Teenage Parents
Shaking, Hitting Spanking: What to Do Instead (Spanish version available, "Golpes y Gritos")
Yelling, Threatening, and Putting Down: What to Do Instead
Parenting Works! Raising Pre-School Children (Available in Spanish)

Teen

Sex Smart for Teens (Volume 1: Abstinence, Volume 2: Birth Control, Volume 3: STDs)

NOTES

Pre-Quiz

Healthy Steps for Teens, Volume 3: Postpartum

How much do you already know about postpartum? Fill out this quiz to find out.

1. True or False: Feeling a little blue after having a baby is common with new moms.
2. True or False: You cannot injure a baby simply by shaking her.
3. Which of the following is not normal in the postpartum period?
 - a. Vaginal bleeding
 - b. Contractions
 - c. Severe depression
 - d. Fatigue
4. True or False: After you have your baby, you can go back to eating junk food.
5. Breastfed babies need to eat at least:
 - a. Every _ hour
 - b. Every 2-3 hours
 - c. Every 4-5 hours
 - d. Every 6-7 hours
6. True or False: Breastmilk and formula are exactly the same.
7. True or False: Crying is the only way your baby will tell you she is hungry.
8. True or False: You only need to take your baby to a doctor when he is sick.
9. True or False: You should never leave your baby unattended during bath time.
10. True or False: If you are traveling less than ten miles, you do not need to use a car seat.
11. True or False: Smoke from another person's cigarette is dangerous for babies.
12. True or False: Ignoring a crying newborn is a good idea because you would not want to spoil her.
13. True or False: Newborns can hear, but not see.
14. True or False: Playing with your baby can help her brain develop.
15. True or False: You cannot get pregnant for at least six months after having a baby.
16. True or False: Establishing paternity can benefit a baby, whether or not her mom and dad are together.
17. True or False: There are programs that can help you pay for daycare for your baby while you finish school.

Post-Quiz
Healthy Steps for Teens, Volume 3: Postpartum

1. Which of the following are symptoms of a more serious postpartum depression?
 - a. Feeling like hurting your baby
 - b. Feeling stressed
 - c. Feeling a little sad
 - d. Not eating or sleeping
 - e. Feeling like hurting yourself
 - f. Feeling tired

2. List three things you can do to calm down if you are frustrated with your baby:

3. True or False: If you have a fever starting 24 hours after birth, you should call your healthcare provider because it could be a sign of infection.

4. True or False: Exercising can help you stay in shape once you feel up to it and your doctor says it is okay.

5. List two hunger signals a baby gives besides crying:

6. True or False: Breastmilk is the best food for babies.

7. True or False: If you are really busy, it is safe to save some time by propping your baby's bottle while you get some work done.

8. True or False: Immunizations can protect babies from serious diseases.

9. Which of the following are signs of a sick baby?
 - a. Change in normal patterns
 - b. Overly fussy
 - c. Less active than normal
 - d. All of the above

10. True or False: Paying attention to how many dirty diapers you change can help you know if your baby is getting enough to eat.

11. True or False: It is okay to give your baby a full bath before the cord falls off.

12. True or False: Babies should always sleep on their stomachs to reduce the chances of SIDS.

13. List three reasons your baby might cry:

14. List three things you can do to play with your baby:

15. True or False: There are safe birth control methods for breastfeeding moms.

16. List three daycare option for after you return to school:

Word Search Healthy Steps for Teens, Volume 3: Postpartum

Fill in the blanks below to find the list of words to search for.

1. Many women experience the “baby _____” after delivery; they feel sad or have mood swings.
2. Getting to know your baby’s unique personality and learning to understand her is called _____.
3. Symptoms of physical recovery from labor include mild contractions and the _____ of the uterus.
4. If you have a _____ 24 hours after giving birth, it could be a sign of infection.
5. Eating right and _____ are still important after delivery.
6. Your baby will let you know she is _____ by making sucking movements with her mouth.
7. Never leave your baby alone with a propped _____.
8. _____ will help protect your baby from a variety of diseases.
9. Do not give your baby a full _____ until his umbilical cord has fallen off.
10. Always lay your baby on his _____ to sleep.
11. When your baby is in a car, always use a properly installed _____.
12. Your baby will need a _____ number.
13. Secondhand _____ deprives your baby of oxygen.
14. A good mother _____ to her baby’s cries because it shows love and develops trust.
15. Newborns like to look at human _____.
16. Newborns do not like to look at the _____ all day.
17. You can become pregnant again very soon after delivery, so find an effective form of _____.
18. It is important to establish legal _____ so your baby can receive services and support.
19. If you don’t finish _____, you might not be able to get a good job and support your baby.
20. Explore the local _____ options for your baby while you work or go to school.
21. Though you may get frustrated with parenting sometimes, you should never _____ your baby.
22. _____ is best for newborns because it has so many health benefits and increases bonding.
23. Your baby will need to visit a _____ for well-baby checkups.
24. Pay attention to how many dirty _____ you change every day.
25. Babies _____ to communicate a need.
26. Babies enjoy _____ motions like baby swings or rocking.
27. Newborns like to look at contrasting _____.
28. Babies need a lot of love and attention; it is impossible to _____ them.
29. Newborns will need many hours of _____.
30. If you get overwhelmed or frustrated, don’t be afraid to ask for _____.

Y	R	C	P	E	D	I	A	T	R	I	C	I	A	N	G	B	P
T	T	O	R	E	S	P	O	N	D	S	H	M	I	E	N	E	A
I	U	R	C	E	E	R	E	K	A	H	S	M	I	O	I	K	T
R	E	V	E	F	U	S	A	K	N	D	O	U	M	S	S	O	E
U	S	E	S	A	L	Y	U	C	F	E	B	N	A	S	I	M	R
C	R	A	P	C	B	R	E	A	S	T	M	I	L	K	C	S	N
E	O	T	O	E	Y	G	G	B	L	O	I	Z	T	C	R	H	I
S	L	W	I	S	B	N	N	A	E	I	O	A	G	G	E	R	T
L	O	T	L	L	L	U	I	P	E	L	E	T	N	D	X	I	Y
A	C	E	T	O	B	H	L	A	P	S	J	I	I	A	E	N	S
I	J	M	O	O	P	V	I	S	R	A	D	O	H	Y	E	K	A
C	I	H	X	M	B	S	E	A	O	N	U	N	T	C	X	I	P
O	C	A	T	E	S	R	C	M	O	I	N	S	O	A	E	N	L
S	R	E	P	A	I	D	D	B	A	T	H	M	O	R	R	G	E
B	I	R	T	H	C	O	N	T	R	O	L	E	S	E	M	N	H

Baby Information Sheet

*This is a special sheet just for your baby.
Hang it in your room or on the refrigerator and keep adding to it!*

Baby's Name: _____
Time of Birth: _____
Length at Birth: _____

Date of Birth: _____
Weight at Birth: _____
Social Security #: _____

PASTE YOUR
BABY'S FOOTPRINT
HERE

PASTE YOUR
BABY'S PHOTO HERE

PASTE YOUR
BABY'S HANDPRINT
HERE

Baby's Growth

1 Month: _____ lbs. _____ oz., _____ in.	7 Months: _____ lbs. _____ oz., _____ in.
2 Months: _____ lbs. _____ oz., _____ in.	8 Months: _____ lbs. _____ oz., _____ in.
3 Months: _____ lbs. _____ oz., _____ in.	9 Months: _____ lbs. _____ oz., _____ in.
4 Months: _____ lbs. _____ oz., _____ in.	10 Months: _____ lbs. _____ oz., _____ in.
5 Months: _____ lbs. _____ oz., _____ in.	11 Months: _____ lbs. _____ oz., _____ in.
6 Months: _____ lbs. _____ oz., _____ in.	12 Months: _____ lbs. _____ oz., _____ in.

Special Milestones

First Smile:	Crawling:
Sitting Up:	First Word:
Rolling Over:	Walking:

IMPORTANT PHONE NUMBERS

PEDIATRICIAN, CLINIC NUMBER:

PEDIATRICIAN, EMERGENCY NUMBER:

BREASTFEEDING HELP:

PARENTING HOTLINE:

POISON CONTROL:

FIRE DEPARTMENT:

POLICE DEPARTMENT:

DAYCARE CENTER:

BABY SITTER:

IF I NEED HELP OR SUPPORT, I CAN CALL:

PHONE NUMBER:

YOU CAN ALWAYS CALL 911 IN THE CASE OF AN EMERGENCY



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