

# Ingenious Ideas

## Parents-To-Be View New Video Series

(NAPSA)—Hearing the words “you’re going to have a baby” can bring on a multitude of emotions—joy, excitement, anticipation, even fear.

Experts agree that knowing what to expect can help prospective parents prepare for the big event and minimize fears.

Traditionally, parents-to-be have turned to their families, friends, health care providers and books to find out what to expect. Today, Web sites help untangle some of the mystery behind parenting with customized, up-to-date information and the chance to connect with other expectant or new parents in community chat rooms.

Now, one site even offers a video series shown on the computer that covers pregnancy, childbirth and life with a newborn from the point of view of real moms and dads in real situations.

“Reading about procedures such as ultrasounds, epidurals and c-sections is one thing, but the ability to actually see them is a dramatic leap forward,” said Linda Murray, executive editor of BabyCenter, which offers the video series.

The video series is the latest addition to BabyCenter’s award-



**A video series covers pregnancy, childbirth and life with a newborn in real-life situations.**

winning collection of online pregnancy and baby care resources and is the largest pregnancy video library on the Web. It is available as part of BabyCenter Plus at [www.babycenter.com/premium](http://www.babycenter.com/premium).

“It’s one thing to read about a birth experience—it’s another to see and hear it—quite moving and memorable,” said Carolyn Blount Broderson, a BabyCenter Plus subscriber. “I realize how lucky I am to be pregnant for the first time at a time when technology allows access to such information—I am blessed. In fact, it reduces my fears to see and hear others’ experiences.”

For more information, visit [www.babycenter.com](http://www.babycenter.com).