

How to share and embed the Perinatal Positivity film

On Vimeo

We have used the Vimeo player to show the film, short clips and audio, on the [Perinatal Positivity](#) website.

The Vimeo player has an icon that looks like a paper aeroplane at the top right corner. This is only visible when your cursor is over the player.

Click on the paper aeroplane picture to share the video on social media. Social media icons will appear in the centre of the player. Simply click on the one you want to share it on and add your message.

To get the embed code (for example if you want to add it to a web page or blog) again click on the paper aeroplane icon, then press the arrow key on the right of the social media icons and the code will be displayed.

Here is the code for the full 6-minute Perinatal Positivity film:

```
<iframe src="https://player.vimeo.com/video/277677428" width="640" height="360" frameborder="0" allowfullscreen></iframe>
```

On YouTube

We have a [Perinatal Positivity YouTube channel](#) where you can also watch, share and embed the film and clips.

To share the film look beneath the video player and film description, you will see an arrow and the word 'share'. Click on this to see a list of social media icons. Simply choose the social media you'd like to share it on and add your message.

To embed the film also click on the 'share' button. There is an 'embed' tab (next to the share one). Click on this to find the code.

Here is the code to embed the full 6-minute Perinatal Positivity film from YouTube:

```
<iframe width="560" height="315" src="https://www.youtube.com/embed/gxTt5aatdZ0" frameborder="0" allow="autoplay; encrypted-media" allowfullscreen></iframe>
```

www.perinatalpositivity.org