

# Staying Healthy

## Pediatric programs & resources

KAISER PERMANENTE • EAST BAY • PEDIATRICS & HEALTH EDUCATION DEPARTMENTS



### Classes, Programs & Resources

To register for classes, please call the Health Education Department at 510-752-6150.

#### Baby & Me Support Group

Join parents, caregivers and their babies up to one year old to talk about feeding, sleeping, crying and more. Groups meet weekly in Oakland and Pinole. Members only. No fee. Drop-in.

- **Oakland Medical Center**  
Weekly drop-in (except holidays), choose Tuesday or Wednesday group, 10 a.m. to noon  
3701 Broadway (Broadway Building), Ground floor, classroom D
- **Pinole Medical Center**  
Drop-in, every Monday (except holidays), 10 a.m. to noon  
1301 Pinole Valley Road, first floor, classroom 2 AB

For more information, call the Health Education Department in Oakland, 510-752-6150 or Pinole, 510-243-4020.

#### Feeding Your Baby: starting solid food

Help your baby begin a lifetime of healthy eating. For babies getting ready for solid food, and for older babies getting ready for finger food.

This is a covered benefit for members.

- **One session class, offered monthly**
- **No fee for members; \$30 per class for nonmembers.**
- **Location: Oakland, Richmond, and Pinole Medical Centers**

#### Your child's health at [kp.org](http://kp.org) Online features for parents

[kp.org](http://kp.org) makes it easy & convenient to stay on top of your family's health. Sign up for Act for a Family Member and start using these secure online features:

- E-mail your child's pediatrician
- Schedule appointments
- Order prescription refills
- Check immunizations and screening tests

For more details and to get started, visit [kp.org/actforfamily](http://kp.org/actforfamily).

Go to [kp.org/mydoctor](http://kp.org/mydoctor) or download the **My Doctor Online app** to find your doctor's homepage to access trusted information and resources on children's health. Subscribe to our online newsletters for parents. En español, [kp.org/mydoctor/espanol](http://kp.org/mydoctor/espanol).

[kp.org/watch](http://kp.org/watch) - health videos online

[kp.org/children](http://kp.org/children) - information on raising and caring for children.

[kpthrivingfamilies.org](http://kpthrivingfamilies.org) - a blog from your Kaiser Permanente pediatricians.

#### More Online Links:

[chopchopmag.org](http://chopchopmag.org) - healthy cooking & recipes for families (English & Spanish).

[ellynsatterinstitute.org](http://ellynsatterinstitute.org) - positive and healthy eating and feeding strategies for all ages.

[preventiveoz.org](http://preventiveoz.org) - learn about inborn temperament and complete an online profile of your child.

[ebparks.org](http://ebparks.org) & [oaklandparks.org](http://oaklandparks.org) - East Bay Regional Parks & Oakland Parks & Recreation: places & programs to get outside, get active and learn.

[commonsensemedia.org](http://commonsensemedia.org) - support for parents to help kids use media & technology safely.



See reverse side for additional resources

**Health Education strives to improve the total health of our members & the communities we serve. We encourage you to be an active partner in managing medical conditions, preventing disease and promoting health.**

### **Childhood Steps**

Our pediatric clinical health education program provides support to families in the East Bay. **This program supports families in three areas: breastfeeding, child temperament & parenting, and nutrition/physical activity.** For more information or to be referred to the Childhood Steps program, please speak with your child's pediatrician or primary care provider. Members only. This program is offered by our East Bay Department of Pediatrics.

Visit [kp.org/eastbay/childhoodsteps](http://kp.org/eastbay/childhoodsteps) for more information.

### **CPR for Infants & Children**

Get hands-on training in how to relieve choking and provide lifesaving CPR for infants and children. Course is taught by an American Heart Association certified instructor. A CPR certification card is not provided. Pre-walking babies are welcome! *Open to the community.*

- **One session class**
- **Member fee, \$40/\$60 per couple**
- **Nonmember fee, \$50/\$70 per couple**
- **Location: Oakland Medical Center**

### **Your Child's Temperament: Parenting your Spirited Child**

Are you the parent of a child who is strong minded or has intense feelings? Does your child have endless energy, get easily frustrated, or is very shy? In this program you'll learn parenting tools that work with your child's temperament and stage of development, and ways to deal with tantrums, aggression, shyness, and other challenging behaviors. If your child is 9 months to 5 years old and is experiencing any of these challenges, join this class and learn more about how your child's natural temperament can affect his or her mood and behavior. This program is offered by Bananas, Inc. with support from Kaiser Permanente.

- **Six session class**
- **Open to Kaiser Permanente members and the community**
- **No class fee**
- **Location: Bananas, Inc. To register call 510-658-7353 or online at [www.bananasinc.org](http://www.bananasinc.org)**

### **Online Temperament Resource: [preventiveoz.org](http://preventiveoz.org)**

Learn about inborn temperament. A subscription is needed or an individual profile of your child's temperament.



### **Health Education Centers**

Health Education Centers are open to members and the community. We offer services and a variety of products to support you and your family's health needs and goals. Our Health Education staff can help you:

- Activate your [kp.org](http://kp.org) account
- Register for a class
- Search your physician's homepage for health information
- View a video for a specific health procedure
- Download Kaiser Permanente apps
- Take your member photo
- Purchase health related products

### **Visit us at the following locations:**

**Oakland  
Health Education Center**  
3600 Broadway, 1<sup>st</sup> floor  
510-752-6150

**Education & Technology Center**  
3801 Howe St., 1<sup>st</sup> floor  
510-752-6150

**Healthy Living Center**  
3701 Broadway, 1<sup>st</sup> floor  
510-752-6150

**Richmond  
Health Education Center**  
901 Nevin Ave, Building 1, 1<sup>st</sup> floor  
510-307-2210

**Pinole  
Health Education Center**  
1301 Pinole Valley Road, 1<sup>st</sup> floor  
510-243-4020

