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 Online features for parents

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.**

Go to 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 espanol, kp.org/mydoctor/espanol.

kp.org/watch - health videos online **kp.org/children** - information on raising

and caring for children. **kpthrivingfamilies.org** - a blog from your

Kaiser Permanente pediatricians.

More Online Links:

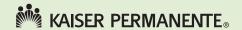
chopchopmag.org - healthy cooking & recipes for families (English & Spanish).

ellynsatterinstitute.org - positive and healthy eating and feeding strategies for all ages.

preventiveoz.org - learn about inborn temperament and complete an online profile of your child.

ebparks.org & oaklandparks.org - East Bay Regional Parks & Oakland Parks & Recreation: places & programs to get outside, get active and learn.

commonsensemedia.org - support for parents to help kids use media & technology safely.



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** 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

Online Temperament Resource: 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 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, 1st floor 510-752-6150

Education & Technology Center 3801 Howe St., 1st floor

510-752-6150 **Healthy Living Center** 3701 Broadway, 1st floor

510-752-6150

Richmond

Health Education Center

901 Nevin Ave, Building 1, 1st floor 510-307-2210

Pinole Health Education Center 1301 Pinole Valley Road, 1st floor 510-243-4020

