



# Pediatric Health Education Programs 2016

Kaiser Permanente San Francisco  
Health Education and Pediatrics  
2241 Geary Boulevard, San Francisco.  
415-833-3450

## Baby & Me

Discussion and support for parents and infants up to 7 months old for various parenting issues - growth, environment, feeding, crying, sleeping, safety, illness, return to work, and more.

**Fee:** No Fee. Members only.

**Dates/Times:** Every Tuesday, 10:00 a.m.– 12 noon.

**Location:** 2425 Geary, Mezzanine Level, Room 2

**Registration:** Offered on a drop-in basis.

## Breastfeeding Basics

Get breastfeeding off to a good start. Learn how your milk supply is established, positioning, latch, and how to tell if your baby is getting enough milk. *(For participants 28-36 weeks)*

**Fee:** No Fee. Members only.

**Dates/Times:** Offered week nights, 6:00-8:30 pm or weekends noon-2:30 p.m. or 1:00-3:30 p.m.

**Registration:** Call 415-833-4120.

## Breastfeeding & Working Moms

This class is offered to mothers who plan to return to work, school or other activities and want to continue breastfeeding.

**Fee:** No Fee. Members only.

**Dates/Times:** Offered monthly, Thursdays, 10:00 a.m.- noon.

**Registration:** Call 415-833-4120.

## CPR for Infants and Children

Practice basic lifesaving skills in this lively, hands-on training. Learn to respond to choking, drowning, poisoning and other breathing emergencies in infants and children up to age 10. Class includes information about home baby proofing and accident prevention in addition to CPR practice. Taught according to the American Heart Association guidelines. This course does not provide first aid training nor Emergency Medical Services Authority (EMSA) certification.

**Fee:** \$41.50 members and \$56.50 for non-members.

**Dates/Times:** Offered monthly: Wednesdays, 6:00 p.m. – 8:30 p.m. and Saturdays, 10:00 a.m.– 12:30 p.m.

**Registration:** Call Health Education, 415-833-3450.

## Emotional Wellbeing Support Group

Have you been anxious or worried during your pregnancy, or with your new baby? A new baby brings new challenges which can be stressful. If you're dealing with emotional ups and down, try our weekly support group for pregnant & postpartum women. Led by a Psychologist and a Psychiatrist. **Babies welcome.**

**Fee:** No fee. Members only.

**Dates/Times/Location:** Every Thursday, 11:00a.m.–12:30p.m., 4141 Geary Blvd. 3rd floor, Group room 3 (French campus)

**Registration:** No appointment necessary; simply drop in.

## Feeding Your Baby- Infants to 6 months

**Intro to Solid Foods** - In this class, we'll discuss when and how to introduce solids into your infant's diet, types of food to introduce, milk intake, food allergies, and more.

## Feeding Your Baby- 7+ months

**Intro to Finger Foods** - Now that your baby is eating solids, this class will cover guidelines for introducing finger foods, table foods, how to advance to three meals a day, milk intake during this transition period, and how to prevent picky eating. Both classes taught by a Registered Dietitian. **Babies Welcome!**

**Fee:** No fee for members; \$30 for non-members.

**Dates/Times:** Offered monthly; day and evening times.

**Registration:** Call Health Education, 415-833-3450.

## Infant Sign Language Programs

**One Session Workshop** and **6 Session Playgroup** offered from birth to 18 months. Learn basic American Sign Language in fun playtime activities that help early communication between you and your child. Signs include beginning words, snack & meal time, animals, family, and daily routines.

**Workshop Fee:** \$40/\$70 couples; **Playgroup fee:** \$110/\$199

**Dates/Times:** Offered Saturday mornings. Call for start dates.

**Registration:** Call Health Education, 415-833-3450.



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## Feeding Your Toddler— 1 to 3 years old

This class will help parents manage several developmental changes that occur during the toddler years to avoid the challenging mealtimes and picky eating that can result. Also learn nutrition guidelines and healthy eating for this age group.

**Fee:** \$10 for members; \$30 for non-members.

**Dates/Times:** Offered every other month. Day and evening times.

**Registration:** Call Health Education, 415-833-3450.

## Parenting Your Toddler Workshop (18 to 36 months)

Your toddler is moving toward greater independence and curiosity which often times comes with a strong will, tantrums, and other challenging behavior. Learn more about your child's rapidly developing brain and practice positive discipline techniques that strike the delicate balance between encouraging freedom and providing limits. For adults only.

**Fee:** Members: \$25/\$40 couples. Non-members: \$40/\$55

**Dates/Times:** Daytime and evening classes offered.

**Registration:** Call Health Education, 415-833-3450.

## Parenting Your Toddler - Five Week Series (18-36 months)

Gain mastery of positive discipline strategies for typical toddler behavior such as tantrums, refusing to cooperate, hitting, biting, and more while remaining connected to your toddler.

This series also covers no-pressure potty training, nighttime sleep and nap regression, and transitioning to a bed.

The one-session Parenting Your Toddler workshop is a prerequisite for this series. For adults only.

**Fee:** Members: \$130/150 couples. Non-members: \$150/\$200

**Dates/Times:** Evening and weekend classes offered.

**Registration:** Call Health Education, 415-833-3450.

## Martial Play

This 7-session program is an innovative combination of martial arts and social skills training. Children 7 – 12 years of age will learn anger management, conflict resolution, and social skills.

There is no sparring between class participants.

**Fee:** \$50 members; \$100 non-members.

**Dates:** Offered twice a year on Saturday.

**Registration:** Call Health Education, 415-833-3450.

## Touch and Movement:

### *Your Baby's First Language (8 weeks – 6 months)*

In this four session class based on the ChildSpace® method, parents will learn techniques to help support their baby's emerging gross motor abilities, such as head lifting, rolling, and moving to sitting. They will also learn techniques for bonding and calming baby; face to face play to encourage focus, sound, and pre-verbal skills; and much more!

**Fee:** Members: \$58/Twins \$86; Non-members: \$80/Twins \$110

**Dates/Times:** Fridays; 11:00 a.m.-12:15 p.m. (8 – 14 weeks) and 12:45 p.m. – 2:00 p.m. (15 weeks – 6 months)

**Registration:** Call Health Education, 415-833-3450.

## Teen Clinic

The Teen Clinic provides all general medical needs of adolescents and young adults between ages 12 and 18 years by physicians who particularly enjoy working with this age group. We also provide general physical exams, sports physicals, private counseling for personal and family problems, birth control, pregnancy testing, alcohol and drug counseling, immunizations, sexually transmitted infection testing and treatment, and health information. Emergency contraception is available.

**Appointment:** Call 415-833-2200. Members only.

**General Information:** Call the Teen Clinic at 415-833-3443.

**Location:** 2200 O'Farrell St., 5th Floor, San Francisco.

## Passport to Health Program

Are you concerned about your child's weight and don't know what to do? This free program for children up to age 18 is offered only in San Francisco and does not require a referral by your physician. Our team is located within the Department of Pediatrics and we would be happy to meet with you for a 30 minute appointment/evaluation.

**Fee:** No Fee.

**Dates/Times:** Call 415-833-0305 to make a personal 30 minute appointment.

*A session is defined as the number of classes a participant should attend to get the most value from the educational experience. The number of sessions does not imply a limit to the number of classes a Kaiser Permanente member may attend.*

*Program costs listed may be subject to change and may depend on your health plan coverage. Please refer to your current Evidence of Coverage [EOC] to confirm services covered under your plan, or call Kaiser Permanente Member Services for additional information.*



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