



# 2020 Pediatric Health Education Programs

Health Education and Pediatrics  
(415) 833-3450 | Email: [SFHealthEd@kp.org](mailto:SFHealthEd@kp.org)  
Geary Campus: 2425 Geary Blvd., SF, CA 94115  
Mission Bay Campus: 1600 Owens St., SF, CA 94158  
Hours: 9am-12:30pm; 1:30pm- 5pm  
Website: [kp.org/sanfrancisco/healthed](http://kp.org/sanfrancisco/healthed)

KAISER PERMANENTE • SAN FRANCISCO • HEALTH EDUCATION DEPARTMENT

**Preregistration is required, except for drop-in support groups. To register, call 415-833-3450.** Space is limited. [Providers please direct book via eConsult. Book now or online booking preferred, if available.  
**San Francisco-Health Education]**

## Baby & Me Postpartum Support Group

A drop-in support group for parents and infants from newborn to 9 months, providing discussion of various parenting issues: growth, feeding, crying, sleeping, return to work, etc.

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

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

**Dates/Times/Location:**

**Geary:** Every Tuesday, 10am–12pm; 2238 Geary, 3<sup>rd</sup> Floor, Diamond Room

**Mission Bay:** Every Thursday, 10am–12pm; 1600 Owens St., 9<sup>th</sup> Floor, North Beach Conference Room

## Emotional Wellbeing Support Group in Pregnancy and Postpartum

Pregnancy and the postpartum period bring changes that can be stressful. Please join our support group to learn from each other on how to stay emotionally healthy as we grow in to our new roles as mothers. **Babies are welcome.**

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

**Dates/Times/Location:** Every Thursday, 11am–12:30pm, 4141 Geary Blvd. 3<sup>rd</sup> Floor, Group Room 3 (French campus).

**Call (415) 833-4523 to confirm prior to attending or for more information. No pre-registration required.**

## Breastfeeding Basics

**(For participants at 28-36 weeks of pregnancy)**

Get breastfeeding off to a good start. Learn how your milk supply is established, positioning, latching, and how to tell if your baby is getting enough milk.

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

**Dates/Times/Location:** Offered week nights 4pm-6:30pm or 6pm-8:30pm, and weekends 1pm-3:30pm.

Offered at both Geary and Mission Bay Campuses.

## CPR for Infants and Children

Learn basic lifesaving skills for choking, drowning, poisoning, suffocation, and electric shock for babies and children up to age 10. Teaches quick emergency response, home babyproofing, and accident prevention. This course does not provide first-aid training or Emergency Medical Services Authority (EMSA) certification for licensed childcare providers. **Adults only.**

**Fee:** \$50 for members; \$65 for non-members.

**Dates/Times/Location:** Offered monthly; Wednesdays, 10am–12:30pm or 6pm-8:30pm; Saturdays, 10am–12:30pm. Offered at both Geary and Mission Bay Campuses.

## Sibling Preparation (3 to 6 years)

Help your 3-6 year old prepare for your new baby's arrival through discussion, play, and a tour of the hospital maternity area.

**One parent must accompany child to this class.**

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

**Dates/Times/Location:** One session; offered monthly on Saturdays, 10am–11:30am. Offered at the Geary campus only.

## Feeding Your Baby: Intro to Solid Foods (4 to 6 months)

We'll discuss the benefits of continued breastfeeding, when and how to introduce solids, types of foods to offer, and food allergies.

**Babies are welcome.**

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

**Dates/Times/Location:** One session; offered monthly at various times at both Geary and Mission Bay Campuses.

## Feeding Your Baby: Intro to Finger Foods (7 to 14 months)

This class covers guidelines for introducing finger foods, table foods, advancing to three meals a day, milk intake, and preventing picky eating. **Babies are welcome.**

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

**Dates/Times/Location:** One session; offered monthly at various times at both Geary and Mission Bay Campuses.

## Feeding Your Toddler (15 months to 3 years old)

This class helps parents manage developmental changes that occur during the toddler years to avoid the challenging mealtimes and picky eating that may result. Learn nutrition guidelines and healthy eating for this age group. **Parents only.**

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

**Dates/Times/Location:** One session; offered monthly at various times at both Geary and Mission Bay Campuses.

## Guiding your Toddler Workshop (12 to 36 months)

How can you optimize your child's cognitive, physical, social, and emotional development? Come learn about your child's rapidly developing brain and the profound impact you have as a parent in these first 3 years. You will also learn how to increase connection and cooperation and developmentally appropriate positive discipline techniques. **Parents only.**

**Fee:** No fee for members. \$50/person or \$65/couple for non-members.

**Dates/Times/Location:** One session; offered monthly on Wednesdays, 7:30pm–9pm.  
Offered at both Geary and Mission Bay Campuses.

## Guiding your Preschooler Workshop (3 to 5 years old)

Preschoolers are busy people; full of imagination and budding social skills, while also testing limits! Learn why the preschool years can be more difficult than the toddler ones from a developmental perspective. Discover helpful evidence-based positive discipline strategies to meet these challenging years, head on with an open heart. **Parents only.**

**Fee:** No fee for members. \$50/person or 65/couple for non-members.

**Dates/Times/Location:** One session; offered quarterly on Wednesdays, 7:30pm–9 pm.  
Offered at both Geary and Mission Bay Campuses.

## Baby Sign Language Programs

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

**Workshop Fee:** \$40/person; \$70/couple

**Playgroup fee:** \$150/person; \$230/couple

**Dates/Times/Location:** Wednesday morning or Sunday afternoons.  
Offered at both Geary and Mission Bay Campuses.

## Breastfeeding & Working Moms

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

**Babies are welcome.**

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

**Dates/Times/Location:** One session; offered monthly at various times. Alternates between Geary and Mission Bay Campuses.

## Youth Thrive Program

This a multidisciplinary, case management program to help families develop a plan to support healthy behaviors and a healthy weight for their children. Families learn tools for healthy eating, physical activity, and their role in implementing healthy lifestyles for the whole family. Families will see a registered dietitian, clinical health educator, and a clinical social worker for individual consultation. **For more information and to register, call the Pediatrics Department at 415-833-4151 or 628-242-6362.**

**Fee:** Low-cost to no-cost. Members only.

**Location:** Offered at Geary and Mission Bay.

## Healthy Family Habits: Eat, Play, Grow (4 to 18 years old)

This class aims to empower you and your family to learn tools for healthy eating, physical activity, sleep, and reducing screen time. Parents will learn about their role in helping implement healthy lifestyles for the whole family. You will also walk away with an action plan for the whole family. **For more information and to register, call the Pediatrics Department at 415-833-4151 or 628-242-6362.**

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

**Location:** Offered monthly. Alternating between Geary and Mission Bay

## Teen Clinic

The Teen Clinic is a special medical office for adolescents between 11 and 18 years. We offer primary care, general physical examinations, birth control, pregnancy testing, immunizations, STD testing/treatment, and private counseling for personal and family problems. Emergency contraceptives are also available.

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

**Registration:** Call 415-833-2200 to schedule.

**Dates/Times/Location:** Appointments are available weekdays. Mission Bay, 1600 Owens St., 3<sup>rd</sup> Floor.

*Dates and times are subject to change.*

*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. For additional information call Kaiser Permanente Member Services at 1-800-390-3507.*