



2020 Cantonese Prenatal Classes

2020 粵語產前課程時間表

Kaiser Permanente San Francisco
Health Education Department (415) 833-3450
Or -email: SFHealthed@kp.org

時間：星期二晚上 6:30 至 8:30
地址：2238 Geary Blvd, 七樓, 明珠室 (Pearl Room)
電話：(415) 833-1639 ; (415) 833-3450

請致電預約，也可向前台登記人員和醫生助理諮詢和預約。

日期及時間可能會有更改。

第一課：懷孕早期：
1/7, 3/3, 5/5, 7/7, 9/1, 11/3

第二課：懷孕後期：
1/14, 3/10, 5/12, 7/14, 9/8, 11/10

第三課：分娩呼吸及放鬆技巧：
1/21, 3/17, 5/19, 7/21, 9/15, 11/17

第四課：新生嬰兒照顧及護理：
1/28, 3/24, 5/26, 7/28, 9/22, 11/24

第五課：母乳喂養技巧：
2/4, 3/31, 6/2, 8/4, 9/29, 12/1

Time: Tuesday evening 6:30 pm to 8:30 pm
Location: 2238 Geary Blvd., 7th Floor, Pearl Room
Pre-registration is required. Dates and times are subject to change. Call to register: (415) 833-4120; (415) 833-3450
[Providers please use book now or online booking via eConsult: **San Francisco-Health Education-Pregnancy Education**]

Class I: Healthy Pregnancy (*For participants 6- 28 weeks*)
Learn about common symptoms in the first and second trimesters, comfort measures, nutrition & exercise, staying healthy during pregnancy, & Kaiser Permanente resources. Examine emotional changes during pregnancy & beyond. Learn practical ways to cope with ups & downs of pregnancy, preterm labor precautions, & fetal movement.
1/7, 3/3, 5/5, 7/7, 9/1, 11/3

Class II: Late Pregnancy (*For participants 30-36 weeks*):
Provides an overview of labor & birth, hospital procedures, options for pain relief, caring for yourself & your baby at home. A hospital tour is included.
1/14, 3/10, 5/12, 7/14, 9/8, 11/10

Class III: Breathing and Relaxing Technique at Labor (*For participants 30-36 weeks*):
Focuses on comfort measures such as breathing, massage, relaxation and comfortable positions for labor & birth.
1/21, 3/17, 5/19, 7/21, 9/15, 11/17

Class IV: Newborn Care (*For participants 28-36 weeks*):
In this class, we'll teach information and skills you need to feel confident about caring for your newborn. We'll cover topics such as feeding, bathing, diapering, and when to call your physician.
1/28, 3/24, 5/26, 7/28, 9/22, 11/24

Class V: Breast Feeding Technique (*For participants 28-36 weeks*):
Get breastfeeding off to a good start. Learn how your milk supply is established, positioning, latching, & how to tell your baby is getting enough milk.
2/4, 3/31, 6/2, 8/4, 9/29, 12/1