

# Healthy Beginnings Programs

Health Education Department  
San Jose Medical Center Building 4  
260 International Circle, 1<sup>st</sup> Floor  
(408) 972-3340

At Kaiser Permanente, we offer many resources to help you and your partner prepare for your baby.

Learn what to expect during and after pregnancy including labor and delivery, breastfeeding and more!

Below is a list of Healthy Beginnings Classes, these are a covered benefit *and one support person is welcome* at all classes.

**Pre-Registration is required.**

Si usted lo necesita, un intérprete será programado si decide asistir a la clase.

## Prenatal Classes

*(Pre-Registration is required for the following classes)*

### Preparing for Postpartum - 1 Session, 2 Hours

Preparing for Postpartum should be taken between weeks 28-36 of your pregnancy. We will talk about strategies to keep you, your relationship, and your baby happy and healthy during this new time.

### Newborn Care - 1 Session, 2 Hours

Newborn Care should be taken after your 34<sup>th</sup> week of pregnancy. You will learn about our Pediatrics Department, what to expect in the hospital and how to care for your newborn at home during the first two weeks of his or her life.

### Breastfeeding - 1 Session, 2 Hours

Learn how to position your baby for optimal nursing, how to tell if your baby is getting enough milk, how to prevent and overcome common breastfeeding challenges.

### Childbirth Preparation - 1 Session, 5 Hours or

### 2 Sessions, 2.5 hours

We will discuss pain management options, the role of your coach, hospital procedures, and what to expect before, during and after delivery. We will also teach you relaxation techniques to use during labor.

### Labor and Delivery Tour

Please visit [kp.org/mydoctor/pregnancy](http://kp.org/mydoctor/pregnancy) for a virtual tour or call to pre-register for an in-person tour.

### Meet the Midwives – 1 Session, 1.5 Hours

Learn about certified nurse-midwives and their role in pregnancy, labor, and birth at the San Jose Medical Center. A short presentation will be followed by time for questions and answers.

## Postpartum Drop-in Support

### Groups

#### Baby and Me Support Group

**Mondays, 2:00PM – 3:30PM**

**Fridays, 10:00AM – 11:30AM**

**276 International Circle, Building 1, 2<sup>nd</sup> floor**

Twice weekly drop-in group. For babies over 2 weeks of age who have already has a one-on-one lactation visit with the Newborn Clinic. Talk about sleeping, crying, adjusting to parenthood and more! A lactation educator can assist you with breastfeeding questions and concerns. This group does not meet on holidays.

#### Postpartum Emotional Health Support Group

**Fridays, 10:30AM-12:30PM**

Weekly drop-in group facilitated by a licensed therapist. Learn more about baby blues or depression, caring for your baby and yourself. Healthy babies are welcome. Call 408-972-3095 for more information.

#### Adjusting to Motherhood

Community Drop-in Support Group

For more information, please call **(408)475-4408**

**Thursdays, 10:00AM – 11:30AM**

- Family Tree Wellness
- 431 Monterey Ave, Suite 7, Los Gatos, CA

**First Wednesday of each month, 7:00-8:30PM**

- Tiny Tots
- 138 Railway Ave, Campbell, CA

**For registration, more information and available class times, please call the Health Education Department at (408)972-3340**

# Healthy Beginnings Resources

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At Kaiser Permanente, we help deliver 38,000 babies each year. Our expert doctors, nurse practitioners, midwives, lactation consultants, and specialists are thrilled to partner with you.

## We're here to help you every step of the way for you and the baby.

On [kp.org](http://kp.org), we offer tips and resources to help you through your baby's first year. Subscribe through your OB/GYN provider's home page at [kp.org/mydoctor](http://kp.org/mydoctor).

For more resources, visit:

- [kp.org/mydoctor/pregnancy](http://kp.org/mydoctor/pregnancy)
- [kp.org/mydoctor/breastfeeding](http://kp.org/mydoctor/breastfeeding)

## Start managing your health online on your time – anytime, anywhere

Sign on anytime to:

- Schedule and cancel your prenatal appointments.
- View most lab test results.
- Refill most prescriptions.
- Email your doctor's office with non-urgent questions.
- Print vaccination records for school, sports, and camp.
- Manage your child's healthcare
- Visit: [kp.org/registernow](http://kp.org/registernow)
- Visit: [kp.org/mydoctor/mobile](http://kp.org/mydoctor/mobile)

## Listen to Podcasts to reduce stress and encourage relaxation.

Visit: [kp.org/podcasts](http://kp.org/podcasts)

## Watch EMMI videos for more information about your pregnancy.

Visit: [kp.org/mydoctor](http://kp.org/mydoctor)

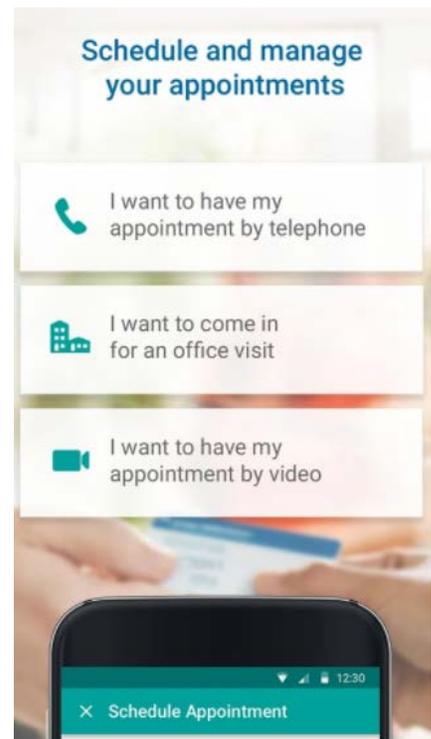
## Prenatal Appointments:

If you need to cancel or re-schedule your prenatal appointments, please call 408-972-6715. Please be sure to have your medical record number available.

## Your Pregnancy Newsletter

Subscribe to weekly emails and receive updates on your baby's development, and prenatal care!

*Print newsletters are available – please request if desired*



Appointments and Advice: 408-362-4740

If you are 20 weeks pregnant and have urgent concerns or think you are in labor, you may call Labor & Delivery directly at 408-972-7502