


# PREGNANCY TO NEW BABY: HEALTHY BEGINNINGS

At-A-Glance Options  
At Kaiser Permanente  
In Santa Clara.

## INDIVIDUAL APPOINTMENTS

<b>Healthy Lifestyle in Pregnancy</b>	Health Educators provide individual education to help women stay healthy during their pregnancy. Topics include healthy eating, exercise options, proper weight gain, and stress management. In person, video, and phone appointments are available.	Health Education <b>408-851-3800</b>
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## IN-PERSON CLASSES

<b>Late Pregnancy/Postpartum</b> (Attend in second or third trimester)	One 2-hour session. Classes offered on weekdays. Class helps you understand the physical and emotional changes during the last trimester of pregnancy and post-partum and start to plan for baby's birth. Learn strategies for caring for yourself and how others can support you.	Health Education <b>408-851-3800</b> 
<b>Breastfeeding Basics</b> (Attend in third trimester)	One 2-hour session. Learn about the benefits of breastfeeding for your baby and you, recognize effective breastfeeding, baby behavior, and ways to prevent and overcome challenges.	
<b>Newborn Care</b> (Attend in third trimester)	One 2-hour session. Gain skills to help you care for your new baby. Topics include newborn characteristics and behavior, bathing, diapering, soothing, safe sleeping, and when to call your physician.	
<b>Childbirth Preparation</b> (Attend in third trimester)	One 5.5-hour session. Learn what to expect during each stage of labor and delivery and when to go to the hospital. Understand medical options available and practice how to manage labor through breathing, relaxation, and movement.	

## SUPPORT GROUPS

<b>Breastfeeding</b>	Weekly 1.5-hour sessions. Led by a Lactation Educator, mothers of babies 1-6 mo. learn about increasing milk supply, coping with challenges, going back to work, and more.	Newborn Care Center <b>408-851-3060</b>
<b>Baby &amp; Me</b>	Weekly 1.5-hour sessions. Join other parents and babies ages 0-6 months for support and advice. Facilitated by a Health Educator.	Health Education <b>408-851-3800</b>
<b>Pre/Postpartum Depression</b>	Weekly 1.5-hour sessions. Learn to recognize signs of pre and post-partum depression, practice relaxation techniques, and develop a self-management plan. Facilitated by a Licensed Clinical Social Worker.	Adult Psychiatry <b>408-366-4400</b>

## ONLINE RESOURCES

<b>Your Pregnancy Portal My Doctor Online</b>	Learn about your changing body, your baby's growth, and what to expect at your prenatal visits. Find physician-recommended information, tips, resources for each stage of your pregnancy, childbirth, and more. Subscribe to the online Healthy Beginnings Newsletter.	<a href="http://kp.org/mydoctor/pregnancy">kp.org/mydoctor/pregnancy</a>
<b>Emmi Videos</b>	These interactive video programs help you understand various aspects of pregnancy, childbirth and breastfeeding. Videos include: Exercise and Diet in Pregnancy, Pregnancy and Depression, Gestational Diabetes, Childbirth, Medications for Pain Management during Labor, C-Section, Vaginal Birth after C-Section, and Breastfeeding.	<a href="http://kp.org/mydoctor">kp.org/mydoctor</a> Search by name of video
<b>Prenatal Nutrition Video</b>	Video covers eating well during pregnancy, vegetarian diet, how to handle discomforts, cravings, and much more.	<a href="http://kp.org/mydoctor/prenatalnutrition">kp.org/mydoctor/prenatalnutrition</a>
<b>Caring for Your Newborn</b>	Video includes how to care for your baby, calming baby, safe sleep, and selecting and contacting a pediatrician.	<a href="http://Kpdoc.org/newborn">Kpdoc.org/newborn</a>
<b>Breastfeeding Video</b>	Program provides tips on breastfeeding your baby in the first week of life. Covers answers to many commonly asked questions such as latching, positioning, and more.	<a href="http://Kpdoc.org/breastfeeding">Kpdoc.org/breastfeeding</a>