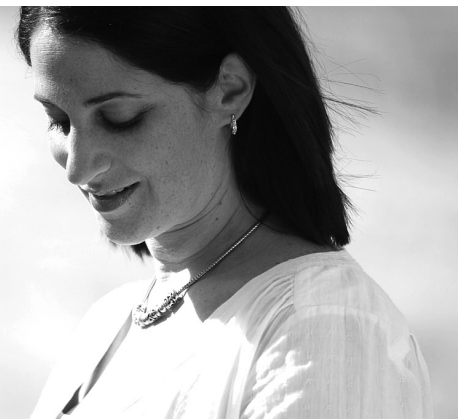


Kaiser Permanente Oakland Medical Center Health Education Department

Expecting a New Baby? Get ready with these ... Health Education Classes



Mid-Pregnancy

Learn to keep your energy level high during the middle stage of your pregnancy by eating well and exercising. We're here to support you and also discuss how your body is changing and ways you can relieve common discomforts of pregnancy. Take this class when you are 18 to 22 weeks pregnant. Your partner or support person is encouraged to attend.

- Members only, no fee
- Call Health Education at 752-6150

Prenatal Exercise

Improve your posture, prevent back problems, and relieve pregnancy discomforts with exercise. Learn ways to get back in shape after your baby is born. **Take this class early in your pregnancy. Note: this is not an ongoing exercise class.**

- Members only, no fee
- Call Health Education at 752-6150

Newborn Care

Gain essential skills to care for your newborn: feeding, bathing, diapering, dressing, holding, and comforting. Learn how to manage the first few weeks.

- Thursday evenings or Saturday afternoons
- Members only, no fee
- Call Health Education at 752-6150

Meet the Labor and Delivery Team

Meet with our Ob/Gyn doctors to answer your questions about labor and birth, pain management options, your maternity stay, and much more.

- 9:15 – 10:15 a.m., 2nd Friday monthly
- Members only, no fee
- Call Health Education at 752-6150

Breastfeeding

Gain the information and skills you need to breastfeed successfully. Learn the advantages of breastfeeding, proper positioning, and how to manage common problems.

- Wednesday or Thursday evenings or Friday mornings
- Members only, no fee
- Call Health Education at 752-6150

Preparing for Childbirth

Find out what to expect during labor and birth. Practice relaxation, breathing, and supportive techniques to help ease labor. Bring your partner or support person. **Classes fill quickly; sign up during your 6th month of pregnancy.**

- Four, two, and one-session classes offered monthly
- Members only, \$80
- Call Health Education at 752-6150

Preparing for Childbirth Refresher

A review of relaxation, breathing, and supportive techniques to help you ease labor. Designed for women who took a childbirth preparation class during a previous pregnancy.

- One Saturday morning monthly
- Members only, \$20
- Call Health Education at 752-6150

Sibling Preparation

For parents and children 3–6 years old. Your child will learn what newborns are like and talk about becoming a big brother or sister. Parents will learn what to expect when a new baby joins the family. Class includes a tour of the Family Care Unit.

- One session class offered Saturday mornings
- Members \$20
- Call Health Education at 752-6150

Childbirth Overview

This class discusses stages of labor, when to come to the hospital, hospital policies and procedures, coping with labor, the birthing room, rooming in, and bonding. Not intended to replace childbirth preparation classes.

- One Monday evening monthly
- Members only, no fee
- Call Health Education at 752-6150

Cesarean Birth Class

This is a special information session and tour for women who are having a planned cesarean birth. You will learn what to expect during your delivery and visit where your baby will be born.

- One Sunday afternoon
- Members only, no fee
- Call Health Education at 752-6150





Depression Support Group for Pregnant and New Moms with Depression

This ongoing group is a combination of support and cognitive behavioral therapy. Learn how to manage symptoms of depression and share support with other mothers and mothers-to-be.

- Meets Tuesday evenings
- Members only, no fee
- By Provider referral only

Prenatal Yoga

Learn breathing techniques, yoga postures, and body awareness taught by a certified Prenatal Yoga instructor. Perfect for all stages of pregnancy. No yoga experience is necessary.

- Six evening or afternoon sessions
- Members \$80 for 6 sessions, Public \$90
- Call Health Education at 752-6150



Labor and Delivery Tours (Also available in Spanish and Cantonese)

A prenatal educator will guide you and one support person through an hour-long tour of the Oakland Medical Center's Labor and Delivery and Family Care Units before the birth of your baby.

- English: Wednesday evenings or Saturday mornings weekly, and 1st Sunday afternoon monthly
- Spanish: one Thursday evening monthly
- Cantonese: one Thursday evening monthly
- Members only, no fee
- Call Health Education at 752-6150

Baby and Me Support Group

An ongoing, drop-in support group for mothers and their babies, birth to one year.

- 10 a.m. – noon, every Thursday
- Free
- Meet at 3505 Broadway, 11th Floor
- For more info call 752-7557

Permanent Birth Control Options (Also available in Spanish)

Essential information to help you decide if and when permanent birth control is the right choice for you.

- English: 4 – 5:30 p.m., 4th Tuesdays
- Spanish: 11 a.m. – 12:30 p.m., 2nd Wednesdays
- Members only, \$5 fee
- Call 752-1100

Pediatrics Department Information Session

Learn what your baby's pediatric visits will be like, tour the department and exam rooms, and find out how to choose your baby's pediatrician. Take this class before or after your baby is born.

- Tuesday evenings monthly
- Members only, no fee
- Call Pediatrics at 752-7132



Vasectomy

For men considering a vasectomy. Learn about the procedure, its effectiveness, and when and if it's the right choice.

- For more information and to enroll, call Urology, 752-6789