

# Staying Healthy

# Pregnancy and Beyond

KAISER PERMANENTE • DIABLO SERVICE AREA • HEALTH EDUCATION DEPARTMENT



## Classes and Resources

### Breastfeeding

Breastfeeding offers many health benefits for you and your baby. Learn how to position your baby for optimal nursing, how to tell if your baby is getting enough milk, and ways to prevent and overcome common breastfeeding discomforts and challenges. *Open to the community. Available in Spanish.*

### Newborn Care

Wouldn't it be nice if babies came with instruction manuals? In this class, we'll teach you the information and skills you need to feel confident about caring for your newborn. We'll cover essential topics such as feeding, bathing, diapering, and when to call your physician. *Open to the community. Available in Spanish.*

### Next Baby

No two pregnancies are the same! We'll help you understand how to cope with changes in family dynamics and more. *Members only.*

### Preparing for Childbirth

Few events are more exciting than the birth of your baby. Get prepared by learning what to expect before, during, and after delivery. Practice breathing and relaxation techniques to ease labor and delivery and understand your options for managing labor and using a birthing coach for support. *Take this class during the last three months of pregnancy. Multiple session class. Open to the community.*

**Call the Health Education Center at 1-866-248-0721 for class schedules, registration, and fees, if applicable. Assisted Listening Devices available for all classes.**

## My Doctor Online Shortcuts to better health

**kp.org/mydoctor** – visit your doctor's home page to:

- Email your doctor
- View most lab results
- Check which preventive health screenings you need to stay healthy

**kp.org/mydoctor/videovisit** – prepare for and join a video visit with your doctor

**kp.org/mydoctor/pregnancy** – everything you need to know about pregnancy and your baby's development

**kp.org/mydoctor/prenatalnutrition** – watch a video about healthy eating during pregnancy

**kp.org/listen** – listen to healthy pregnancy and childbirth podcast

**Follow@KPpregnancydoc** – tweets by Kaiser Permanente Ob/Gyn physicians

**kp.org/diablo/breastfeeding** – detailed information about early days of breastfeeding

### Breastfeeding Help

Telephone help, office visits, and video visits with a nurse-specialist for new mothers experiencing breastfeeding concerns. *Members only.* Call **1-866-454-8855**.

**kp.org/mydoctor/espanol** – resources in Spanish

**kp.org/mydoctor/mobile** – get health reminders and information on the go with the KP Preventive Care App

## Labor and Delivery

**Antioch Medical Center:**

925-813-6820

**Walnut Creek Medical Center:**

925-295-5200

**Health Education strives to improve the total health of our members and the communities we serve. We encourage you to be an active partner in managing medical conditions, preventing disease and promoting health.**

### **Early Pregnancy**

This class can help you understand and prepare for the physical and emotional changes you can expect in the first three months of your pregnancy. We'll discuss common discomforts and remedies, prenatal screening tests, and fetal development. We'll also offer tips for eating well, staying active, and keeping you and your baby healthy. *Take this class in your first trimester or before 16 weeks of pregnancy. Members only. Available in Spanish.*

### **Mid-Pregnancy**

During the middle stage of pregnancy, expect even more dramatic changes to your body. In this class, we'll help you understand these changes and discuss ways you can relieve the common discomforts of pregnancy. Also, learn how to help keep your energy level high by eating well and exercising.

*Take this class when you are 18 to 34 weeks pregnant.*

*Members only. Available in Spanish.*

### **Late Pregnancy – Preparing for Postpartum**

Explore strategies for managing the physical and emotional changes you can experience during the first six weeks after your baby is born. Prepare for the changes in your relationship as baby becomes a part of the family. *Take this class when you are 28 to 38 weeks pregnant. Members only.*

### **Prenatal Hospital Tour**

Take a tour of our Labor & Delivery and Mother/Baby units at Antioch or Walnut Creek Medical Centers at any stage in your pregnancy. *Also available as a tour with children ages 8 to 12. Members only. Available in Spanish.*

### **Come Meet Your Team**

Having a baby at Antioch Medical Center? Meet and get acquainted with your delivery team. Get answers to your questions and learn how to prepare for you and your baby's big day.

*Members only. To register, call 1-866-454-8855.*

### **Anesthesia Options for Labor and Delivery**

An informative class that reviews anesthetic pain options for labor and delivery. Facilitated by an anesthesia provider who can answer all your questions in a friendly, stress-free environment. Partners encouraged to join. *Members only. To register, call 925-295-4580.*

### **Multiples**

During your multiple pregnancy (twins, triplets, and more), you'll experience many changes to your body. Learn what to expect and find out what resources are available to you. *Members only.*

### **Brothers and Sisters: Sibling Preparation**

This class helps children ages 3 to 7 prepare for a baby's arrival, through age-appropriate activities and a brief hospital tour.

*Members only.*

## **Health Education Centers**

**1-866-248-0721**

Health Education Centers are open to members and the community. We carry a variety of health information to support you and your family.

### **Antioch Medical Center**

4501 Sand Creek Road  
Deer Valley Building  
Antioch, CA 94531

### **Delta Fair Medical Offices**

3400 Delta Fair Boulevard  
Adobe Building  
Antioch, CA 94509

### **Livermore Medical Offices**

3000 Las Positas Road  
Livermore, CA 94551

### **Martinez Medical Offices**

200 Muir Road Ensenada  
Building Martinez, CA 94553

### **Park Shadelands Medical Offices**

320 Lennon Lane  
Yosemite Building  
Walnut Creek, CA 94598

### **Pleasanton Medical Offices**

7601 Stoneridge Drive  
South Building  
Pleasanton, CA 94588

### **San Ramon Medical Offices**

2300 Camino Ramon  
San Ramon, CA 94583

### **Walnut Creek Medical Center**

1425 South Main Street  
Walnut Creek, CA 94596

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