



2021 ONLINE CLASS SCHEDULE

# PRENATAL HEALTH

Oakland/Alameda (510) 752-6150

Richmond (510) 307-2210

Pinole (510) 243-4020

**REGISTRATION REQUIRED** for all classes. Schedule subject to change without notice.

Please call any of our Health Education locations to register. All registered participants will be emailed log-on instructions to their personal email within 24 hours of their class.

\*Online Registration for some Health Classes available through your [kp.org](https://kp.org) account under Appointments.

## BREASTFEEDING ONLINE

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. *Members only. Partners are welcome.* This is a covered benefit for members.

**Fee:** No class fee.

**Duration:** One 2-hour session

**Day & Time:** Thursdays, 2:30-4:30pm; 2<sup>nd</sup> & 4<sup>th</sup> Tuesdays, 5:00-7:00pm (closed holidays)

## MEET THE LABOR AND DELIVERY TEAM ONLINE

Learn about labor, pain management options, and your hospital stay from a panel of ob-gyn doctors, midwives, anesthesiologists, lactation consultants, and nurses. An optional Labor and Delivery tour follows this class. Register separately for the tour that follows this class. *Members only. Partners are welcome.*

**Fee:** No class fee.

**Duration:** One 1-hour session

**Day & Time:** 2<sup>nd</sup> Fridays, 9:45-10:45am (closed holidays)

## NEWBORN CARE ONLINE

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. *Members only. Partners are welcome.* This is a covered benefit for members.

**Fee:** No class fee.

**Duration:** One 2-hour session

**Day & Time:** Thursdays, 5:00-7:00pm; 1<sup>st</sup> Tuesdays, 5:00-7:00pm; 3<sup>rd</sup> Saturdays, 10:00am-12:00pm (closed holidays)

## PREPARING FOR CHILDBIRTH ONLINE (1-session)

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. Bring pillows and a mat, as some of the exercises are performed on the floor. Early registration is recommended. *Take this class during the last six weeks of pregnancy. Members only. Partners are welcome.* This is a covered benefit for members.

**Fee:** No class fee.

**Sessions:** One 2.5-hour session

**Day & Time:** 2<sup>nd</sup>-5<sup>th</sup> Wednesdays, 5:00-7:30pm; 4<sup>th</sup> Thursdays, 5:00-7:30pm; 2<sup>nd</sup> Saturdays, 10:00am-12:30pm (closed holidays)

## PREPARING FOR CHILDBIRTH ONLINE (2-session)

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. Bring pillows and a mat, as some of the exercises are performed on the floor. Early registration is recommended. *Take this class during the last six weeks of pregnancy. Members only. Partners are welcome.* This is a covered benefit for members.

**Fee:** No class fee.

**Sessions:** Two 2.5-hour sessions

**Day & Time:** 1<sup>st</sup> & 2<sup>nd</sup> consecutive Mondays, 5:30-8:00pm (closed holidays)

## **PREPARING FOR POSTPARTUM ONLINE**

Ever wonder what life will be like after your baby is born? Come learn how to N.E.S.T.L.E, or how to take care of postpartum needs such as nutrition, exercise, sleep, time organization, love and everything else for you and your baby. *Members only. Partners are welcome.* This is a covered benefit for members.

**Fee:** No class fee.

**Sessions:** One 2-hour session

**Day & Time:** Tuesdays, 2:00-4:00pm; 1<sup>st</sup> Wednesdays, 6:00-8:00pm; 3<sup>rd</sup> Mondays, 6:00-8:00pm (closed holidays)