

# CLASSES AND SUPPORT GROUPS



## JOIN OUR **CLASSES AND SUPPORT GROUPS**

Step into the journey of parenthood with confidence. Our educational programs and support groups let you connect with other parents while you learn about breastfeeding, baby care, safety, and parenting. These offerings are available to all Kaiser Permanente members.

### Healthy Pregnancy

Are you concerned about weight gain during pregnancy? Join our Healthy Pregnancy Program. Participants will receive guidance for healthy meal planning, exercise during pregnancy, tools to track weight, and goal setting to avoid too much weight gain. You will have the opportunity to check in weekly via telephone with a health professional.

No fee.

To register, please call 1-866-301-3866 and select option 2.

### Preparation for Birth – Online

Learning more about the birth process, new parenting issues, and your options allows you to more confidently make decisions about your experience.

No fee.

To register, please call 1-866-301-3866 and select option 1.

### Preparation for Birth

What is a birth plan? How do you manage labor pain? Are you going to breastfeed your baby? Learning more about the labor and birth process, new parenting issues, and your options allows you to more confidently make decisions in this experience. Join a supportive group setting to prepare yourself, and share ideas and resources with other pregnant women and their partners.

You have a choice of taking this class in 5 sessions (2 hours each) or 2 sessions (5 hours each, plus a 1-hour lunch break).

A support person is welcome to attend with you.

No fee.

Register online at [kp.org/appointments](https://kp.org/appointments). Select "Health and Wellness Education" as the reason for the appointment. Then choose Childbirth. From there, you can follow the prompts to select the offering, location, and date that you want. You also can register by calling 1-866-301-3866, option 1.

## Tool Kit for New Parents

Being a parent is fun but it's not easy! Discover what life is like from the newborn's perspective, and how they communicate. You'll practice baby care skills such as holding, diapering, bathing, swaddling, and methods of soothing. You can also explore the concept of what being a parent is really about, with other parents-to-be like yourself.

1 session, 2 hours

No fee.

Register online at [kp.org/appointments](https://kp.org/appointments). Select "Health and Wellness Education" as the reason for the appointment. Then choose Childbirth. From there, you can follow the prompts to select the offering, location, and date that you want. You also can register by calling 1-866-301-3866, option 1.

## Breastfeeding Group Visits

Do you have questions about breastfeeding your baby? Get help at our weekly breastfeeding group visits.

Come and meet other breastfeeding parents, weigh your baby, get a quick check of how your baby is latching, and discuss other topics related to care of your newborn. The group is led by a lactation consultant and is ideal for breastfeeding parents looking for support but not necessarily needing a one-on-one consultation.

No fee.

For more information about locations, days, and times, please call 1-855-206-0302.

## 1-Month Group Pediatric Visit

If you're a first-time parent, new questions come up every day about caring for your baby. Join other new parents for a 2-hour group visit led by a Kaiser Permanente pediatric team – including a clinician and a lactation consultant.

No fee.

During your hospital stay, we will call you to help schedule this and other follow-up visits. If you would like to sign up before that, or if you have questions, please call 1-855-206-0302.

## My Body After Baby

Information and exercises are provided for postpartum members to learn how to return to normal physical activity. Class topics include returning to normal bowel and bladder function, managing postpartum back and pelvic pain, caring for the pelvic floor muscles, and improving posture and body mechanics with child care. This class is offered virtually, through a video visit.

1 session, 1.5 hours.

No fee.

To register, please call 1-844-394-3972. You also can register by scheduling an appointment on [kp.org/appointments](https://kp.org/appointments). Under "Select a reason for the appointment," choose Physical Therapy Classes, then choose the class you want to schedule.