

Help at Home: Postpartum & New Baby Support

KAISER PERMANENTE SAN JOSE MEDICALCENTER *serving Gilroy & Santa Cruz County*

Useful Websites:

kp.org/sanjose/healthed

kp.org/mydoctor/breastfeeding

kpdoc.org/newbaby



Appointment and Advice Line:

Breastfeeding support is available 24/7 at our Appointment and Advice Line. Our nurses can answer your questions and refer you for additional help if needed.

Please call (408) 362-4740

San Jose Medical Center: Newborn Care Center

Lactation consultants are available for one-on-one support and counseling to help you with breastfeeding challenges and develop individualized feeding plans.

276 International Circle, Building 1, Unit C, San Jose

Monday - Friday, 9:00AM - 4:00PM

Saturday - Sunday, 9:00AM - 3:00PM

By appointment only, call (408) 362-4740

Gilroy Medical Office Building: Newborn Care

By appointment only, call (408) 848-4684

Santa Cruz County Newborn Care Center

Monday - Friday, 9:00AM-5:00PM

By appointment only, call (831) 430-2717

Lactation Video Visit with a Health Educator

For babies 2 weeks and older. Health Educators are available to provide support and offer strategies to achieve your breastfeeding goals.

Monday- Thursday, 8:30am-5:30pm

Friday, 8:30am-4:30pm

By appointment only, call Health Education department at **(408) 972-3340**.

Baby and Me Support Group

An online support group for new parents facilitated by Health Educators. Connect to the group with your phone or computer to discuss sleeping, crying, breastfeeding questions and concerns, adjusting to parenthood, and more! Some sessions feature physicians and/or guest speakers from the community.

Kaiser Permanente members only
Mondays, 2:00PM - 3:30PM

To register and receive the log in information, please call the Health Education department at **(408) 972-3340**.

Postpartum Emotional Health Support Group:

Learn coping skills, positive self-talk, and relaxation methods for handling stress and depression related to pregnancy, and postpartum. For more information, please call **(408) 363-4843**.

Additional Community Resources: Adjusting to Motherhood Support Groups

For more information please call **(408) 475-4408** or visit postpartum.net

Breast Pump Information:

Up to 30 days prior to your estimated delivery, you may order a double-electric retail grade breast pump at no cost to you. To place your order, please call **1(833) 752-4737** or you may order online at website: breastpumps.byramhealthcare.com/kaiser