



# PREGNANCY TO NEWBABY: HEALTHY BEGINNINGS

At-A-Glance Options  
At Kaiser Permanente  
In Santa Clara

## INDIVIDUAL APPOINTMENTS

### Healthy Lifestyle in Pregnancy

Health Educators provide individual education to help women stay healthy during their pregnancy. Topics include healthy eating, exercise options, proper weight gain, and stress management. In person, video, and phone appointments are available.

Health Education  
**408-851-3800**

## ONLINE CLASSES

### Postpartum Care (Attend between 28-32 weeks)

One 2-hour session. Class helps you understand the physical and emotional changes during post-partum and how preparing to bring baby home is critical on family dynamics. Learn strategies for caring for yourself and how others can support you.

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### Breastfeeding Basics (Attend between 32-36 weeks)

One 2-hour session. Learn about the benefits of breastfeeding for your baby and you, recognize effective breastfeeding, baby behavior, and ways to prevent and overcome challenges.

### Newborn Care (Attend between 32-36 weeks)

One 2-hour session. Gain skills to help you care for your new baby. Topics include newborn characteristics and behavior, bathing, diapering, soothing, safe sleeping, and when to call your physician.

### Childbirth Preparation (Attend between 30-37 weeks)

One 2-hour session. Learn what to expect during each stage of labor and delivery and when to go to the hospital. Understand medical options available and practice how to manage labor through breathing, relaxation, and movement.

### Baby & Me Support Group

Weekly 1.5-hour session. Join other parents and babies ages 0-6 months for support and advice. Facilitated by a Health Educator.

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## ONLINE RESOURCES

### Your Pregnancy Portal My Doctor Online

Learn about your changing body, your baby's growth, and what to expect at your prenatal visits. Find physician-recommended information, tips, resources for each stage of your pregnancy, childbirth, and more. Subscribe to the online Healthy Beginnings Newsletter.

[kp.org/mydoctor/pregnancy](http://kp.org/mydoctor/pregnancy)

### Emmi Videos

These interactive video programs help you understand various aspects of pregnancy, childbirth and breastfeeding. Videos include: Exercise and Diet in Pregnancy, Pregnancy and Depression, Gestational Diabetes, Childbirth, Medications for Pain Management during Labor, C-Section, Vaginal Birth after C-Section, and Breastfeeding.

[kp.org/mydoctor](http://kp.org/mydoctor)  
Search by name of video

### Prenatal Nutrition

Video covers eating well during pregnancy, vegetarian diet, how to handle discomforts, cravings, and much more.

[kp.org/mydoctor/prenatalnutrition](http://kp.org/mydoctor/prenatalnutrition)

### Caring for Your Newborn

Video includes how to care for your baby, calming baby, safe sleep, and selecting and contacting a pediatrician.

[Kpdoc.org/newborn](http://Kpdoc.org/newborn)

### Breastfeeding

Video provides tips on breastfeeding your baby in the first week of life. Covers answers to many commonly asked questions such as latching, positioning, and more.

[Kpdoc.org/breastfeeding](http://Kpdoc.org/breastfeeding)