



Baby and Me on Zoom: Every Wednesday at 12-1:30 PM

Discussion topics include infant behavior, caring for yourself, responding to your infant's cues, breastfeeding, and more. The groups meet weekly on a drop-in basis, and there is no fee. This group is for KP members only.

See the reverse for testimonials from moms like you.



Join by using the QR code or go to the last page to click on the hyperlink to gain access to the group.

BABY AND ME NETWORK

Life with a new baby can be full of joys, challenges and real struggles. In our group, moms ask questions, provide support for one another, and make new friends in a safe, nonjudgmental environment. We hope that you can join us.

What moms are saying...

“Two words come to mind...completely invaluable! I don’t know what I would have done without the knowledge and support those first couple of months with Sebastian!” – Heidi

“I would not have survived my first six months as a new mom had it not been for the Mommy and Me Network. All questions, and I mean ALL were discussed, laughed at (and sometimes cried at), and answered...It was one place where you could let your guard down and actually feel you were a real mom. It was often the highlight of the week...I would urge every new mom to go to the group.” – Johanna

“Kaiser’s Mommy and Me Network group gives the reassurance, encouragement and understanding every new mom needs! I always felt so much comfort knowing that I would be truly listened to with empathy each week...My son was two months old when we began. If I had known how great it was, I would have been there sooner after my son’s birth.” – Belinda

“The Mommy and Me Network was a lifesaver! Jack and I are doing fabulous!!! Having always worked full-time, it was very hard to be home day in and day out. As an emergency room nurse it was VERY hard not to be in control of my new situation. I constantly doubted myself and my skills as a mother. The group was encouraging. I found that I was not alone in my thoughts and also learned a lot of great mommy tips.” - Perri

“I went to the Mommy and Me Network for the first six months after my son Ethan was born. I found it so helpful to be around other new moms who knew just what I was going through! I met wonderful people who I still get together with regularly.” – Kelli

“My experience with the Mommy and Me Network was extremely positive in so many ways. Not only did it build my confidence during what seemed to be an emotional daily learning curve with my newborn baby, it allowed me to share this experience with other new moms and form what I believe will be life-long friendships. The best part is that our babies are all close in age so as we graduated from this group, we formed our own group in our homes or at the park for playgroups! For this I am so grateful!” – Adriana

No good hair or makeup is required, and it’s OK to come late!

Kaiser Permanente Online Baby and Me group

Thank you for registering for Kaiser Permanente's Baby and Me group.

Your class is scheduled for **every Wednesday from 12:00-1:30 PM**

Join Zoom Meeting

<https://us02web.zoom.us/j/83100633185>

Meeting ID: 831 0063 3185

One tap mobile

+16699009128,,83100633185# US (San Jose)

+16694449171,,83100633185# US

- Click "Launch Meeting," then "Open." You can also click "Join from Your Browser."
- Click "Allow" to let Zoom turn your audio and video on.
- Enter your **first name and first initial of your last name** only for privacy. *Example: Santa C. or Tooth F.*
- Click "Join."
- Choose how to connect your audio: Phone, Computer, or "Call Me."

Joining by **smartphone** or **tablet**?

- Download the Zoom app on the [App Store](#) or [Google Play](#).
- Follow the link above.

Class Agreements

For a successful experience for yourself and others, you'll need to have a quiet, private location where you won't be interrupted and others (who aren't participating) can't overhear the discussion. If you won't be alone, please use headphones and protect any screens you're using to ensure they aren't viewable by others.

Questions?

Contact	Contact Information
Your instructor	Name: Health Education Department
To cancel or reschedule	Newborn Care Center: 916-688-2754

Additional Information

- **Audio:** You may be muted when you log on. Your instructor will show you how to mute/unmute to reduce interruptions. For the best audio experience, use earbuds or a headset to reduce audio feedback.
- **Chat:** You can use the chat box to send a message. Note that chat messages aren't anonymous.
- **Joining late:** If you join late, please respect other participants by not speaking out loud until there's an appropriate time. Your instructor will see that you've joined.

Please don't reply to this unmonitored email account. If you're trying to reach your clinician, please send them a secure message through the My Doctor Online app on your smartphone or by signing into your account at kpdoc.org. You can also call the Kaiser Permanente our Health Education department at 916-688-2428.

If you think you have a medical or psychiatric emergency, call 911 or go to the nearest hospital. Don't try to get emergency help through this email address.

Privacy Information

*Privacy is a concern for everyone in a class. Each participant wants what is said in the class to be treated with respect and complete discretion. Along with Kaiser Permanente's commitment to foster respect for all in the class, each participant also has a responsibility to respect and protect each other's privacy. Please share useful general information outside of the class, but what you hear and learn about individual class members shouldn't be shared. **Please don't record anything from the class in any format.***

This Zoom for Healthcare service includes a feature that allows for audio to be heard, video to be seen, and documents and other materials exchanged to be viewed during the session. By joining this session, you automatically consent to participate. If you don't consent to participate, discuss your concerns with your clinician prior to the start of the meeting or don't join the session.

Closed Captioning/Transcription Disclaimer

Real-time closed captioning and/or transcription may be provided through the Zoom platform for participant convenience. The Permanente Medical Group does not review for accuracy, reliability, or completeness any information that appears in automatic closed captioning or transcription.

In no event shall The Permanente Medical Group and its affiliates, officers, directors, agents, partners, and employees be liable or otherwise responsible for any errors or omissions in, or the accuracy, reliability, timeliness or completeness of, any information that appears in the automatic closed captioning or transcription provided by the Zoom platform, or from any loss or damage incurred as a result of the use of such automatic closed captioning or transcription.

Note: The closed captioning/transcription services referenced above are separate from interpreter services provided by Kaiser Permanente, which are available upon request.