

# Childhood and Adolescence

KAISER PERMANENTE • DIABLO SERVICE AREA • HEALTH EDUCATION DEPARTMENT



## Classes and Resources



### Individual Appointment with a Clinical Health Educator

- Healthy Eating, Active Living for Families (ages 5+)**  
 Learn how to make healthy behavior changes for you and your family: eat healthy, cut sugary drinks, increase physical activity, and create healthy lifestyle habits. Receive personalized support to help you reach your family's goals.
- Parenting (ages 4 months to 5 years)**  
 Receive support, education, and strategies to help young children manage common concerns related to normal development. Topics covered: sleep concerns, feeding, behavior/discipline/temperament, and toilet training.



### 1-2-3 Magic: Effective Discipline for Children Ages 2 to 12

Developed by Thomas W. Phelan of ParentMagic, Inc., this program offers a humorous look at parenting with a serious look at discipline. The techniques you'll learn include disciplining without arguing, yelling, or spanking, and the five tactics for encouraging good behavior. *Adults only. Open to the community.*



### Kaiser Permanente Mental Health Departments

- Delta Fair Medical Offices: 925-777-6300
- Pleasanton Medical Offices: 925-847-5051
- Walnut Creek Medical Center: 925-295-4145

## My Doctor Online Shortcuts to better health

### [kp.org/mydoctor](https://kp.org/mydoctor)

- Email your child's doctor
- Print immunization records
- Complete well-check questionnaires

[kpdoc.org/videovisits](https://kpdoc.org/videovisits) – prepare for and join a video visit with your doctor

[kpdoc.org/mobile](https://kpdoc.org/mobile) – get health reminders and information on the go with the My Doctor Online App

[kp.org/actforfamily](https://kp.org/actforfamily) – setup access to manage your family's health, family list, and online services. Call Member Website Support at 1-800-556-7677 for assistance.

[kpdoc.org/healthyhabits](https://kpdoc.org/healthyhabits) – get healthy living tips for the whole family

[kpdoc.org/adhdparenting](https://kpdoc.org/adhdparenting) – get tips on parenting children with Attention Deficit Hyperactivity Disorder (ADHD)

[kpdoc.org/parentnewsletters](https://kpdoc.org/parentnewsletters) – sign up for our *Healthy Babies* and *Healthy Kids* online newsletters

[kp.org/children](https://kp.org/children) – children's health information & resources

[kp.org/youngadulthealth](https://kp.org/youngadulthealth) – health information & services for young adults

[kpdoc.org/asthmainchildren](https://kpdoc.org/asthmainchildren) – learn simple ways to control asthma triggers

**Follow @KPkiddoc** – get tips on keeping your kids healthy by our Kaiser Permanente pediatrician on Twitter

[kpdoc.org/espanol](https://kpdoc.org/espanol) – resources in Spanish

### KP Online Store



Purchase health products recommended by your provider  
Visit [kponlinestore.com](https://kponlinestore.com) or call 925-556-4297

Health Education strives to improve the total health of our members and the communities we serve. We encourage you to be an active partner in managing medical conditions, preventing disease, and promoting health.

## Community Resources



### Behavioral Health

[chadd.org](http://chadd.org) – Children and Adults with Attention-Deficit/Hyperactivity Disorder (ADHD)

[preventiveoz.org](http://preventiveoz.org) – Preventive Ounce – Temperament questionnaire

[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org) – National Suicide Prevention Lifeline (1-800-273-8255)



### Cardiopulmonary Resuscitation (CPR) & First Aid

[redcross.org/take-a-class](http://redcross.org/take-a-class) – American Red Cross (1-800-733-2767)



### Nutrition & Lifestyle

[choosemyplate.gov](http://choosemyplate.gov) – United States Department of Agriculture

[eatright.org/kids](http://eatright.org/kids) – Academy of Nutrition and Dietetics

[ebparks.org](http://ebparks.org) – East Bay Regional Park District

[ellynsatterinstitute.org](http://ellynsatterinstitute.org) – Eilyn Satter Institute

[healthychildren.org](http://healthychildren.org) – American Academy of Pediatrics



### Puberty/Sexual Health

[glbthotline.org](http://glbthotline.org) – LGBT National Help Center (1-800-246-7743) – support for lesbian, gay, bisexual, transgender & questioning people

[plannedparenthood.org/parents](http://plannedparenthood.org/parents) – Planned Parenthood (1-800-230-7526)



### Quitting Tobacco & Vaping

[kickitca.org](http://kickitca.org) – Kick It California (1-800-300-8086) for free, confidential telephone counseling for quitting smoking, vaping or smokeless tobacco. For ages 14+. *Multiple languages available.*

**Truth Initiative** – text-based support for quitting vaping. Text “DITCHVAPE” to 88709 or visit [truthinitiative.org/quitecigarettes](http://truthinitiative.org/quitecigarettes)

[e-cigarettes.surgeongeneral.gov](http://e-cigarettes.surgeongeneral.gov) – Surgeon General – learn the facts and risks of e-cigarette use among youth and young adults

[teen.smokefree.gov](http://teen.smokefree.gov) – Teen Smokefree – online support for quitting through phone texting, smartphone apps, twitter, blogs, and forums

Call the Health Education Center at 1-866-248-0721 for class schedules, registration, and fees, if applicable.

*To protect our members and community, class offerings are subject to change based upon local guidelines and policies.*

## Health Education Centers

1-866-248-0721

Health Education Centers are open to members and the community. We carry a variety of health information to support you and your family.

### **Antioch Medical Center**

4501 Sand Creek Road  
Deer Valley Building  
Antioch, CA 94531

### **Dublin Medical Offices and Cancer Center**

3100 Dublin Boulevard  
Dublin, CA 94568

### **Martinez Medical Offices**

200 Muir Road  
Ensenada Building  
Martinez, CA 94553

### **Park Shadelands Medical Offices**

320 Lennon Lane  
Yosemite Building  
Walnut Creek, CA 94598

### **Pleasanton Medical Offices**

7601 Stoneridge Drive  
South Building  
Pleasanton, CA 94588

### **San Ramon Medical Offices**

2300 Camino Ramon  
San Ramon, CA 94583

### **Walnut Creek Medical Center**

1425 South Main Street  
Walnut Creek, CA 94596