

# Pregnancy and Beyond

KAISER PERMANENTE • DIABLO SERVICE AREA • HEALTH EDUCATION DEPARTMENT



## Classes and Resources

### **Healthy Pregnancy**

Learn about common symptoms in the first and second trimesters, comfort measures, nutrition, exercise, staying healthy during pregnancy, and Kaiser Permanente resources. Examine emotional changes during pregnancy and beyond. Learn practical ways to cope with ups and downs of pregnancy and preterm labor precautions. *Take this class in your first or second trimester up to 20 weeks of pregnancy.*

### **Late Pregnancy – Preparing for Postpartum**

Explore strategies for managing the physical and emotional changes you can experience during the first six weeks after your baby is born. Prepare for the changes in your relationship as baby becomes a part of the family. *Take this class when you are 26+ weeks pregnant.*

### **Breastfeeding**

Learn how to position your baby for optimal nursing, how to tell if your baby is getting enough milk, and ways to prevent and overcome common breastfeeding discomforts and challenges. *We recommend you take this class at 32 weeks of your pregnancy. Available in Spanish and Cantonese.*

### **Newborn Care**

Wouldn't it be nice if babies came with instruction manuals? In this class, you will learn the information and skills you need to feel confident about caring for your newborn. We'll cover essential topics such as feeding, bathing, diapering, and when to call your physician. *Take this class at 32 weeks of your pregnancy.*

## My Doctor Online Shortcuts to better health

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

- Email your doctor
- Schedule routine & lab appointments
- View most lab results
- Check preventive screenings

[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/diablo](https://kp.org/diablo) – Kaiser Permanente's Diablo Service Area website

[kp.org/mydoctor/pregnancy](https://kp.org/mydoctor/pregnancy) – everything you need to know about pregnancy and your baby's development

[kpdoc.org/prenatalnutrition](https://kpdoc.org/prenatalnutrition) – video about healthy eating during pregnancy

[kpdoc.org/breastfeeding](https://kpdoc.org/breastfeeding) – comprehensive breastfeeding information and resources

[kp.org/diablo/breastfeeding](https://kp.org/diablo/breastfeeding) – detailed information about breastfeeding

[kpdoc.org/prenataltesting](https://kpdoc.org/prenataltesting) – watch a video on prenatal testing options

[kp.org/listen](https://kp.org/listen) – listen to podcasts on healthy pregnancy and childbirth

[Follow @KPobgyndoc](https://twitter.com/KPobgyndoc) – tweets by a Kaiser Permanente Ob-Gyn physician

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

## Labor and Delivery

**Antioch Medical Center:**

925-813-6820

**Walnut Creek Medical Center:**

925-295-5200

### KP Online Store



Purchase health products recommended by your provider

Visit [kp.onlinestore.com](https://kp.onlinestore.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.



### Preparing for Childbirth

In this class, you will learn breathing and relaxation techniques to use during labor and delivery. We'll discuss pain management options, the role of your coach, hospital procedures, and what to expect before, during, and after delivery. *We recommend you take this class at 32 weeks of your pregnancy. Partners are encouraged to attend virtually. Early registration is recommended. Available in Spanish.*



### Prenatal Hospital Tour

Take a tour of our Labor & Delivery and Mother/Baby units virtually at [kp.org/mydoctor/pregnancy](http://kp.org/mydoctor/pregnancy) during any stage of your pregnancy.



### Meet the Midwives

This one-hour class allows you to get acquainted with your delivery teams, get answers to your questions, and learn how to prepare for you and your baby's big day. *Limited availability.*



### Breastfeeding Support Groups – 10 a.m. to noon

Find support and make friends at this weekly support group, which is facilitated by a lactation specialist. Bring your baby!

Wednesdays: Antioch Medical Center, Walnut Creek Medical Center and Pleasanton Medical Offices

Thursdays: Livermore Medical Offices

*Drop-in. No fee. Call 1-866-454-8855 for breastfeeding support and advice. Temporarily on hold.*



### New Moms Support Group – Mondays, 2:30 to 3:50 p.m.

This group is designed to provide support and practical skills for new mothers. Come and share in a supportive circle of women and learn how to manage this exciting and challenging life change so that you can feel better and function better in your daily life. Realistic goal setting will be included to support your self-care. Bring your baby or toddler with you!

Location: 710 South Broadway, Walnut Creek, 2<sup>nd</sup> floor, Room 2C

*Drop-in. No fee. Temporarily on hold.*



### Anesthesia Options for Labor and Delivery (Walnut Creek only)

An informative class that reviews anesthetic pain options for labor and delivery. Facilitated by an anesthesia provider who can answer all your questions in a friendly, stress-free environment.

To register, call **925-295-4580**. *Temporarily on hold.*

## 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

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.**