

Help with Breastfeeding



Kaiser Permanente • Southern Alameda County • Health Education Department

Breastfeeding is
the healthiest
choice for you and
your baby.

Kaiser Permanente
offers several
services to help
you breastfeed
successfully.

Classes

For pregnant women and their partners:
Breastfeeding Basics and **Newborn Care**.

Books and Videos

Breastfeeding, prenatal, and parenting books and DVDs available for sale from the Fremont and San Leandro Healthy Living Centers.

Online Resources

kp.org/mydoctor

Type “breastfeeding” in the search box to find helpful articles and a tutorial called “Breastfeeding EMMI”.

Baby & Me

Weekly drop-in group facilitated by a certified lactation consultant. Talk about breastfeeding, sleeping, crying, adjusting to parenthood, and more. Healthy babies are welcome. This group does not meet on Holidays. No class fee. *Open to the Community*. For more information, please call the Healthy Living Center.

- Mondays, 10 a.m. to 12 noon at Hayward-Sleepy Hollow Medical Offices, Room M-3.
- Tuesdays, 10:30 a.m. to 12 noon at San Leandro Medical Center, Room A31.

Lactation Consultants

Telephone counseling and office appointments for breastfeeding questions or problems. Call for an appointment,

- Hayward-Sleepy Hollow: **510-675-4050**.
- San Leandro: **510-454-4050**.

La Leche League Meetings

Monthly support group of nursing moms led by accredited LLL leaders. Healthy babies and pregnant women are invited and welcome! www.llli.org.

* Program fees listed are subjected to change and may depend on your health coverage. Please refer to your current Evidence of Coverage (EOC) to confirm the services covered under your plan.

February, 2016

Health Education Department

Champions for Healthy Living

Fremont, Hayward-Sleepy Hollow, San Leandro, Union City

Register on kp.org for the following Kaiser Permanente services

- E-mail your doctor
- View most lab results
- Find classes and support groups
- Refill your prescriptions
- Schedule, cancel, and view appointments
- Act for a family member

Visit the following kp.org websites for quick and easy access to health programs

- kp.org/mydoctor
- kp.org/womenshealth
- kp.org/menshealth
- kp.org/children
- kp.org/classes
- kp.org/fitness

Spanish

- kp.org/espanol
- kp.org/vidasana

Healthy Living Classes & Resources*

Available Online at

kp.org/fremont/healtheducation or kp.org/hayward/healtheducation
kp.org/sanleandro/healtheducation or kp.org/unioncity/healtheducation

Having Surgery? Go to your physician's homepage on kp.org/mydoctor
Click on "Prepare for Your Procedure - Emmi" to learn more about your surgery

Locations

All our centers are open Monday to Friday, 9 a.m. to 5 p.m.

Fremont Healthy Living Center

39400 Paseo Padre Parkway, Niles Building, 1st Floor, (510) 248-3455

San Leandro Healthy Living Center

2500 Merced Street, Medical Office Building, 1st Floor, (510) 454-4531

Hayward-Sleepy Hollow Healthy Living Resources

27303 Sleepy Hollow Avenue, Medical Office Building, 1st Floor, (510) 784-4344

Union City Healthy Living Center

3553 Whipple Road, Building B, 1st Floor, (510) 675-4531

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Inspire people. Inform choices. Improve health.