

HEALTH EDUCATION at a glance

PRENATAL RESOURCES



Fairfield: 707.427.4466 • Napa: 707.258.4490 • Vacaville: 707.624.2227 • Vallejo: 707.651.2692
kp.org/napasolano/healthed • twitter.com/kphealthed • askahealtheducator@kp.org

Programs	Description	Referral Needed	Locations	Cost
Good Nutrition for Pregnancy	What you eat and drink affects you growing baby. Take this class early in your pregnancy and learn how to feed your baby in the womb.	No	Vallejo	Free*
Newborn Care	Learn how to feed, diaper, comfort, and keep your baby safe and healthy during the first weeks at home.	No	Fairfield, Napa, Vacaville, Vallejo	Free*
Breastfeeding	Learn the reasons it is important to breastfeed, basics of how to hold the baby for nursing, and how to prevent common breastfeeding challenges.	No	Fairfield, Napa, Vacaville, Vallejo	Free*
Late Pregnancy Class and Family Birthing Center Tour	The class will cover the hospital's Labor and Delivery Policy and Procedures, when to go to the hospital, and information on how to enroll your newborn into your health care plan.	No	Vallejo, Vacaville	Free*
Preparing for Childbirth	This class will prepare you and your support person for labor and birth.	No	Fairfield, Napa, Vacaville, Vallejo	\$90
Breast Pump Purchase Station	You can purchase breast pumps and their accessories from the Health Education Department. We proudly carry Ameda products.	No	Fairfield, Napa, Vacaville, Vallejo	Varies

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

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KP Preventative Care App	Receive personalized health reminders and information for you and your family members. See details of upcoming appointments, email your doctor and much more.	No	Google Play, iTunes	Free
Online Newsletters for Parents	Get timely information on your child from in the womb until the teenage years. Go to kp.org/napasolano/healthed and click on the link in the top right-hand corner.	No	Online	Free
Act for a Family Member	View your child's health history and get immunization records for school. kp.org/actforfamily	No	Online	Free
EMMI Programs for Childbirth and Breastfeeding	Learn about "Childbirth," "Pain Relief for Childbirth," "C-Section," "Vaginal Birth After C-Section," or "Breastfeeding" with our interactive online program. To access the EMMI programs, go to your Ob Gyn provider's home page on kp.org/mydoctor , under "Tools and Classes," click "Emmi Programs."	No	Online	Free
Online Pregnancy Calculators	Calculate your due date and learn about your baby's development online. kp.org/calculators	No	Online	Free
Podcasts for Pregnancy and Childbirth	Free podcasts that you can download to your computer or just listen to online. Go to kp.org/listen , click "podcasts."	No	Online	Free
Health Videos	Video selections include breathing exercises and newborn care. Go to kp.org/watch , click "videos."	No	Online	Free

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