



2024 Prenatal and Postpartum Online Classes

Health Education Department
(415) 833-3450 | Email: SFHealthEd@kp.org
Geary Campus: 2241 Geary Blvd., SF, CA 94115
Mission Bay: 1600 Owens St., SF, CA 94158
Hours: M-F, 9:00 am – 12:30 pm; 1:30 pm – 5:00 pm
Website: kp.org/sanfrancisco/healthed

HEALTH EDUCATION DEPARTMENT | KAISER PERMANENTE | SAN FRANCISCO

Preregistration is required. Members only. To register: call (415) 833-3450 or book online at kp.org/appointments
[Providers please use book now or online booking via eConsult: **San Francisco-Health Education-Pregnancy Education**]

Breastfeeding Basics

(For participants 28-36 weeks)

Studies show that breastfeeding offers many health benefits for you and your baby. In this online class, you will 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.

One session; 2 hours

粵語母乳餵養基本知識 | Cantonese Breastfeeding Basics

(針對參與者: 懷孕28-36週)

研究顯示母乳餵養對您和您的嬰兒提供許多健康上的益處。在本線上課程中，您將學習如何在對嬰兒哺乳時擺放嬰兒的位置，如何判斷您的嬰兒是否獲得了足夠的乳汁，以及如何防止常見的哺乳不適和挑戰。

Newborn Care

(For participants 28-36 weeks)

In this online class, we will teach you the information and skills you need to feel confident about caring for your newborn. We will cover essential topics such as feeding, bathing, diapering, and when to call your physician.

One session; 2-hours

Childbirth Preparation

(For participants 32-36 weeks)

In this online class, you will learn breathing and relaxation techniques to use during labor and delivery. We will also discuss pain management options, your birthing coach's role, hospital procedures, and what to expect before, during, and after delivery.

Offered as a 2-day (weeknight; 2.5-hr session) or 1-day (weekend session; 5-hrs)

Baby and Me Postpartum Support Group

An online support group for parents and infants **from newborns to 9 months**, providing discussion and support for parenting challenges. Virtual Offered weekly on Thursdays, 10:00 am – 12:00 pm.

In-person: First Tuesday of the month at the Mission Bay Campus, 10 AM
Call **415-833-3450** or email sfhealthed@kp.org for the link to join group.

Virtual Hospital Tour

Virtual Labor & Delivery tour at kp.org/mydoctor/pregnancy

Your Health Online

- Kp.org/mydoctor/pregnancy
Everything you need to know about pregnancy and your baby's development & subscribe to the Healthy Pregnancy Newsletters
- Kpdoc.org/prenatalnutrition
Video about healthy eating during pregnancy
- Kpdoc.org/breastfeeding
Comprehensive breastfeeding information and resources
- Kpdoc.org/newborncare
Watch videos on caring for your newborn
- Kpdoc.org/prenataltesting
Video about Prenatal Testing: Understanding Your Options
- Kp.org/listen
Listen to podcasts on meditations for Pregnancy and Childbirth
- Kpdoc.org/pregnancyespanol
Resources in Español

Scan this QR code to register for your prenatal classes online:



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Infant/Child CPR Workshop

Learn how to respond to an unresponsive infant/child during emergency situations in a safe classroom environment. This class will also cover prevention of choking hazards, and what to do in case it happens. **FEE:** \$50 for members, \$60 for nonmembers. Call **415-833-3450** to register, cannot book online.

Learn more about your pregnancy as you go through the various stages.

Learn about nutrition during pregnancy, what to expect in the first trimester, getting started checklist, view prenatal education videos, and sign-up for prenatal newsletters. Resources are available in English, Spanish, and Cantonese.

Click on this link or use your phone's camera to scan the QR code located at the bottom right of this page:

<https://thrive.kaiserpermanente.org/care-near-you/northern-california/sanfrancisco/departments/obstetrics-gynecology/pregnancy/>

Your Health Online

- Kp.org/mydoctor/pregnancy
Everything you need to know about pregnancy and your baby's development & subscribe to the Healthy Pregnancy Newsletters
- Kpdoc.org/prenatalnutrition
Video about healthy eating during pregnancy
- Kpdoc.org/breastfeeding
Comprehensive breastfeeding information and resources
- Kpdoc.org/newborncare
Watch videos on caring for your newborn
- Kpdoc.org/prenataltesting
Video about Prenatal Testing: Understanding Your Options
- Kp.org/listen
Listen to podcasts on meditations for Pregnancy and Childbirth
- Kpdoc.org/pregnancyespanol
Resources in Español

Scan this QR code to visit the KP Thrive Site for additional resources:

