

# Healthy Beginnings Programs

Health Education Department  
San Jose Medical Center  
260 International Circle  
Building 4, 1<sup>st</sup> Floor  
(408) 972-3340

At Kaiser Permanente, we offer many resources to help you and your partner prepare for your baby. Learn what to expect during and after pregnancy including labor and delivery, breastfeeding and more! Below is a list of Healthy Beginnings Classes, these are a covered benefit and one support person is welcome at all online classes.

Si usted lo necesita, un intérprete será programado si decide asistir a la clase.

## Prenatal Classes – All Online

(Pre-Registration is required for the following classes)

### Preparing for Postpartum - 1 Session, 2 Hours

We will talk about strategies to keep you, your relationship, and your baby happy and healthy during this new time.

### Newborn Care - 1 Session, 2 Hours

You will learn about our Pediatrics Department, what to expect in the hospital, and how to care for your newborn at home during the first two weeks of your baby's life.

### Breastfeeding - 1 Session, 2 Hours

Learn how to position your baby for optimal nursing, how to tell if your baby is getting enough milk, how to prevent and overcome common breastfeeding challenges.

### Childbirth Preparation - 1 Session, 5 Hours or 2 Sessions, 2.5 Hours

We will discuss pain management options, the role of your coach, hospital procedures, and what to expect before, during, and after delivery. We will also teach you relaxation techniques to use during labor.

### Labor and Delivery Tour

Please visit [kp.org/mydoctor/pregnancy](http://kp.org/mydoctor/pregnancy) for a virtual tour.

### Meet the Midwives - 1 Session, 1.5 Hours

Learn about certified nurse-midwives and their role in pregnancy, labor, and birth at the San Jose Medical Center. A short presentation will be followed by time for questions.

## Postpartum Drop-in Support Groups

### Baby and Me Online Support Group

An online support group for new parents facilitated by Health Educators. Connect to the group with your phone or computer to discuss sleeping, crying, breastfeeding questions and concerns, adjusting to parenthood, and more! Some sessions feature physicians and guest speakers from the community.

Kaiser Permanente members only  
Mondays, 2:00PM - 3:30PM

To register and receive the log in information, please call the Health Education department at **(408) 972-3340**.

### Postpartum Emotional Health Support Group

Learn coping skills, positive self-talk, and relaxation methods for handling stress and depression related to pregnancy and postpartum. For more information, please call **(408) 363-4843**

### Additional Community Resources:

#### Adjusting to Motherhood Support Group

For more information, please call **(408) 475-4408** or visit [www.postpartum.net](http://www.postpartum.net)

**For registration, more information and available class times, please call the Health Education Department at (408) 972-3340**

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At Kaiser Permanente, we help deliver more than 40,000 babies each year. Our expert doctors, nurse practitioners, midwives, lactation consultants, and specialists are thrilled to partner with you. We're here to help you every step of the way for you and the baby.

## Start managing your health online on your time – anytime, anywhere

Sign on to:

- Schedule and cancel your prenatal appointments
- View most lab test results
- Refill most prescriptions
- Email your doctor's office with non-urgent questions
- Print vaccination records for school, sports, and camp
- Manage your child's healthcare
- Visit: [kp.org/registernow](http://kp.org/registernow)
- Visit: [kp.org/mydoctor/mobile](http://kp.org/mydoctor/mobile)

## Listen to Podcasts to reduce stress and encourage relaxation.

Visit: [kp.org/podcasts](http://kp.org/podcasts)

## Watch EMMI videos for more information about your pregnancy.

Visit: [kp.org/mydoctor](http://kp.org/mydoctor)

## Prenatal Appointments:

If you need to cancel or re-schedule your prenatal appointments, please call **(408) 972-6715**. Please be sure to have your medical record number available.



## Healthy Beginnings Newsletter

Receive weekly emails, updates on your baby's development, prenatal care, and tips and resources to help you through your baby's first year! Subscribe at:

[kp.org/mydoctor/pregnancy](http://kp.org/mydoctor/pregnancy)



Appointments and Advice: (408) 362-4740

If you are 20 weeks pregnant and have urgent concerns or think you are in labor, please call Labor & Delivery directly at (408) 972-7502