

## HEALTHY BEGINNINGS

Find support and gain confidence every step of the way – from pregnancy to the birth experience to parenting. Join others in spirited group sessions to share ideas and navigate the choices facing new families.



### Preparation for Birth

*For Kaiser Permanente members who are expecting a baby*

Increase your knowledge, skills, and confidence about the birth process and early postpartum (after the birth) period.

What is a birth plan? How do you manage labor pain? What are your plans for feeding baby? Learning more about the labor and birth process, acquiring skills, and understanding your options will help you to more confidently make decisions in this experience. Register in your 5th month to join a supportive group to prepare yourself and share ideas and resources with other expecting parents.

You have a choice of taking this class in 5 sessions, 2 hours each, or 2 sessions, 5 hours each (plus a 1-hour lunch break).

No fee for Kaiser Permanente members

A support person is welcome to attend with you.

To register, sign on at [kp.org/appointments](https://kp.org/appointments). Click "Schedule appointment," then select Health and Wellness Education as the reason for the appointment. Follow the prompts to select the class, location, and date you want.

*Note: Please register for only the first session of a class.* When you schedule online, [kp.org](https://kp.org) will register you for all sessions, but will show only the date of the first session. Within a few days, you can log on to [kp.org](https://kp.org) and see all the dates and times of your upcoming sessions.

You also can register by calling 503-286-6816 or 1-866-301-3866, option 1.

### Preparation for Birth – Online

*For Kaiser Permanente members who are expecting a baby*

Increase your knowledge, skills, and confidence about the birth process and early postpartum (after the birth) period.

Learning more about the birth process, new parenting issues, and your options allows you to more confidently make decisions about your experience. You'll receive a password you can use anytime to access the online program. It includes audio, videos, information you can download and print, and links to other sites.

No fee for Kaiser Permanente members

To register, please call 503-286-6816 or 1-866-301-3866 and select option 1.



## Are you on bed rest?

If a complicated pregnancy prevents you from attending a traditional class, you still have access to essential "Preparation for Birth" information. You can register for "Preparation for Birth – Online." Call 503-286-6816 or 1-866-301-3866, option 1.



## Healthy Pregnancy

*For pregnant Kaiser Permanente members who want support in managing their weight gain and enhancing their and baby's health during pregnancy*

Learn about meal planning, physical activity, and ways to avoid gaining too much weight during your pregnancy.

You'll talk with a registered dietitian by phone once per week for 2 weeks. Then you'll talk with a health coach every other week or so after that. Together, you'll work on ways to optimize your health during pregnancy and manage your rate of weight gain. You'll receive guidance for healthy meal planning, ways to maintain activity throughout pregnancy, and tools to help you achieve your healthy lifestyle goals.

Weekly/bimonthly sessions during pregnancy, 10-25 minutes each

No fee for Kaiser Permanente members

Many online materials and resources can be found at [kp.org/healthengagement/pregnancy](https://kp.org/healthengagement/pregnancy).

For more information or to register, please call 503-286-6816 or 1-866-301-3866 and select option 2.



## CenteringPregnancy® Group Prenatal Care

*For Kaiser Permanente members who are expecting a baby*

Become part of a community that empowers you to be actively involved in your own care and equips you to make healthy choices throughout pregnancy and beyond.

CenteringPregnancy® is prenatal care in a group setting. At each visit, you'll have one-on-one time with your Centering clinician to have your baby checked and to discuss any private concerns. The remaining time is for the group to talk about pregnancy issues. These include exercise, nutrition, reducing stress, signs of labor, breastfeeding, new baby care, and after-delivery issues.

10 sessions, 2 hours each

Fee: Varies, depending on your coverage. Contact Member Services for information, 1-800-813-2000.

For more information or to register, please call 1-855-285-4246.

## Hospital Birth Tour

*For Kaiser Permanente members who plan to give birth at a Kaiser Permanente hospital*

Learn what to expect from admission to discharge and become more familiar with the space.

A hospital birth tour provides information about your birth experience. You will have the chance to see your hospital's labor, birthing, and family rooms. Register early (in your 5th month) and attend the tour during your 7th or 8th month of pregnancy.

1 session, 1 hour

No fee for Kaiser Permanente members

You may bring one support person with you who is 12 or older.

### Locations:

- Kaiser Permanente Sunnyside Medical Center
- Kaiser Permanente Westside Medical Center
- Legacy Salmon Creek Medical Center

To register, sign on at [kp.org/appointments](https://kp.org/appointments). Click "Schedule appointment," then select Health and Wellness Education as the reason for the appointment. Follow the prompts to select the class, location, and date you want.

You also can register by calling 503-286-6816 or 1-866-301-3866, option 1.



## Food fights?

Concerned about your family's health and eating habits? Learn more in a free webinar. See page 8 for details.

## Salem Hospital Birth Tour

*For Kaiser Permanente members who plan to give birth at Salem Hospital*

Families can join a tour of the Family Birth Center anytime during the pregnancy. Registration is required.

No fee for Kaiser Permanente members

Register online at [saalemhealth.org/chec](https://saalemhealth.org/chec) or by calling 503-814-2432.

## Tool Kit for New Parents

*For Kaiser Permanente members who are expecting a baby*

Learn skills and increase your confidence to effectively care for your baby.

Being a parent is fun but it's not easy! Discover what life is like from the newborn's perspective, and how they communicate. You'll practice baby care skills such as holding, diapering, bathing, swaddling, and methods of soothing. You can also explore the concept of what being a parent is really about, with other parents-to-be like yourself.

1 session, 2 hours

No fee for Kaiser Permanente members

A support person is welcome to attend with you.

To register, sign on at [kp.org/appointments](https://kp.org/appointments).

Click "Schedule appointment," then select Health and Wellness Education as the reason for the appointment. Follow the prompts to select the class, location, and date you want.

You also can register by calling 503-286-6816 or 1-866-301-3866, option 1.





## Breastfeeding Group Visit

*For Kaiser Permanente members who are breastfeeding*

Get ongoing education and support for breastfeeding.

Do you have questions about breastfeeding your baby? Get help at our weekly group visits. Come and meet other parents, weigh your baby, get a quick check of how your baby is latching, and discuss other topics related to the care of your newborn. The group is led by a lactation consultant.

Ongoing sessions, 1.5 hours each

No fee for Kaiser Permanente members

For more information and to schedule a group visit, please call 1-855-206-0302.

## My Body After Baby – Virtual Visit

*For Kaiser Permanente members after giving birth*

Learn strategies to help you return to your normal physical activity after delivery.

Get information to help you thrive after delivery. Class topics include returning to normal bowel and bladder function, managing your postpartum pelvic pain, caring for your abdominal and pelvic floor muscles, and strategies to return to exercise.

1 session, 1.5 hours.

No fee

To register, please call 1-844-394-3972. You also can register by scheduling an appointment on [kp.org/appointments](https://kp.org/appointments). Under “Select a reason for appointment,” choose Physical Therapy Classes, then choose the class you want to schedule.

## Want to know more?

- Visit [kp.org/healthengagement/pregnancy](https://kp.org/healthengagement/pregnancy).
- Kaiser Permanente members receive a packet that includes the *Healthy Beginnings* prenatal newsletter during their first obstetric visit. This newsletter contains information about the importance of prenatal care during early pregnancy.
- Visit [kp.org/healthengagement/kidsandfamily](https://kp.org/healthengagement/kidsandfamily).
- Listen to or download free audio programs at [kp.org/audio](https://kp.org/audio).
- For vasectomy information or to make an appointment, please call 503-571-1245.

## 1-Month Pediatric Group Visit

*For Kaiser Permanente members who are first-time parents and their newborns*

Get information about caring for your new baby.

If you're a first-time parent, new questions come up every day about caring for your baby. Join other new parents for a 2-hour group visit led by a Kaiser Permanente Pediatric team – including a pediatric clinician, nurse, and a lactation consultant.

1 session, 2 hours

No fee for Kaiser Permanente members

For more information or to register, please call 1-855-206-0302.