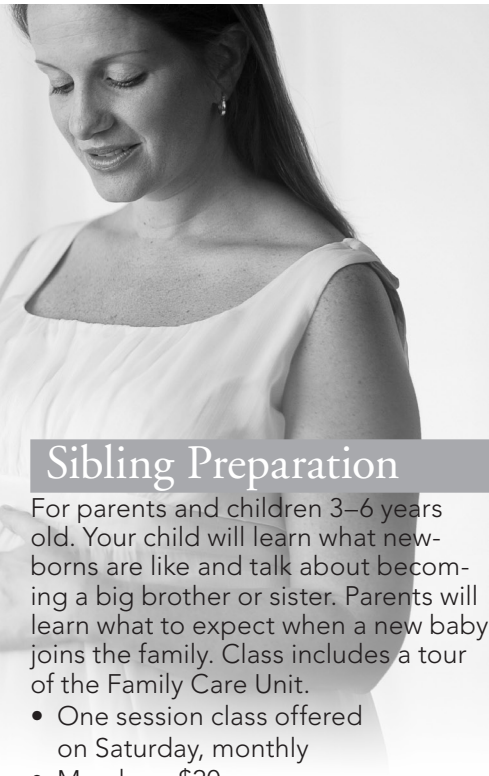


Kaiser Permanente Oakland Medical Center
Health Education Department
Expecting a New Baby?
Get ready with these ...
Health Education Classes



Prenatal Exercise

Improve your posture, prevent back problems, and relieve pregnancy discomforts with exercise. Learn ways to get back in shape after your baby is born. **Take this class early in your pregnancy. Note: this is not an ongoing exercise class.**

- Members only, regular office visit fee
- Call 752-6150

Newborn Care

Gain essential skills to care for your newborn: feeding, bathing, diapering, dressing, holding, and comforting. Learn how to manage the first few months.

- Two Thursday evenings, or one Saturday morning
- Members only, no fee
- Call 752-6150

Meet the Labor and Delivery Team

Meet with our Ob/Gyn doctors and a Childbirth Educator to answer your questions about labor and birth, pain management options, your maternity stay, and much more.

- 9:15–10:15 a.m., 2nd Friday monthly
- Members only, no fee
- Call 752-6150

Breastfeeding

Gain the information and skills you need to breastfeed successfully. Learn the advantages of breastfeeding, proper positioning, and how to manage common problems.

- Wednesday or Thursday evening
- Members only, no fee
- Call 752-1100

Preparing for Childbirth

Find out what to expect during labor and birth. Practice relaxation, breathing, and supportive techniques to help ease labor. Bring your partner or support person. **Classes fill quickly; sign up during your 6th month of pregnancy.**

- Four, two, and one-session classes offered monthly
- Members only, \$70
- Call Health Education at 752-6150

Preparing for Childbirth Refresher

A review of relaxation, breathing, and supportive techniques to help you ease labor. Designed for women who took a childbirth preparation class during a previous pregnancy.

- On Saturday morning monthly
- Members only, \$20
- Call Health Ed at 752-6150

Sibling Preparation

For parents and children 3–6 years old. Your child will learn what newborns are like and talk about becoming a big brother or sister. Parents will learn what to expect when a new baby joins the family. Class includes a tour of the Family Care Unit.

- One session class offered on Saturday, monthly
- Members \$20
- Call Health Ed at 752-6150

Childbirth Quick Course

(also available in Spanish)

Can't attend childbirth preparation classes? This class discusses stages of labor, when to come to the hospital, hospital policies and procedures, coping with labor, the birthing room, rooming in, and bonding.

- One Monday evening monthly
- Members only, no fee
- Call 752-6150

Prenatal Yoga

Learn breathing techniques, yoga postures, and body awareness taught by a certified Prenatal Yoga instructor. Perfect for all stages of pregnancy. No yoga experience is necessary.

- Six evening or afternoon sessions
- Members \$80 for 6 sessions, Public \$90
- Call Health Ed at 752-6150

Cesarean Birth Class

This is a special information session and tour for women who are having a planned cesarean birth. You will learn what to expect during your delivery and visit where your baby will be born.

- One Sunday afternoon per month
- Members only, no fee
- Call Health Ed at 752-6150





Labor and Delivery Tours (Also available in Spanish and Cantonese)

A childbirth educator will guide you and one support person through an hour-long tour of the Oakland Medical Center's Labor and Delivery and Family Care Units before the birth of your baby.

- English: Wednesday evenings or Saturday mornings weekly, and 1st Sunday afternoon monthly
- Spanish: one Thursday evening monthly
- Cantonese: one Thursday evening monthly
- Members only, no fee
- Call Health Ed at 752-6150

Pediatrics Department Tour

Learn what your baby's pediatric visits will be like, tour the department and exam rooms, and find out how to choose your baby's pediatrician. Take this tour before or after your baby is born.

- One hour tour: Tuesday evenings
- Members only, no fee
- Call Pediatrics at 752-7132

Depression Support Group for Pregnant and New Moms with Depression

This ongoing group is a combination of support and cognitive behavioral therapy. Learn how to manage symptoms of depression and share support with other mothers and mothers-to-be.

- Meets Tuesday evenings
- Members only, no fee
- By Provider referral only

Mom and Baby Postnatal Yoga

A special yoga class for mom and her new baby. Get back into shape with yoga postures focused on abdominal and pelvic floor muscles. Special poses integrate baby into your yoga practice.

- For babies at least 6 weeks to crawling
- Four morning sessions
- Members \$35, Public \$45
- Call Health Ed at 752-6150

Baby and Me Support Group

An ongoing, drop-in support group for mothers and their babies, birth to one year.

- 10 a.m.–noon, every Thursday
- Free
- Meet at 3505 Broadway, 11th Floor
- For more info call 752-7557



Permanent Birth Control Options

(Also available in Spanish)

Essential information to help you decide if and when permanent birth control is the right choice for you.

- English: 2:30–4 p.m., 1st and 3rd Tuesdays
- Spanish: 1:30–3 p.m., 4th Monday
- Members only, \$5 fee
- Call 752-1100

Vasectomy

For men considering a vasectomy. Learn about the procedure, its effectiveness, and when and if it's the right choice.

- For more information and to enroll, call Urology, 752-6789