



Pregnancy, childbirth, and newborn care

# 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 – webinar

### 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.

4 sessions, 2.5 hours each

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 and make your selections to finish registering.

**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 self-study

### 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 helps 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.





## CenteringPregnancy Group Prenatal Care

**For Kaiser Permanente members who are expecting a baby**

Become a part of a community that helps empower you to be actively involved in your own care and equip 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 for a check-up 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 prenatal coverage. Contact Member Services for information, **1-800-813-2000**.

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

## Kaiser Permanente Hospital Birth Tour – webinar or in person

**For Kaiser Permanente members who plan to give birth at Kaiser Permanente Sunnyside Medical Center or Westside Medical Center**

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

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

1 session, 1 hour

No fee for Kaiser Permanente members

A support person is welcome to attend with you.

To register, sign on at **kp.org/appointments**. Click "Schedule appointment," then select Health and Wellness Education as the reason for the appointment. Follow the prompts and make your selections to finish registering.

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

## Legacy Salmon Creek Family Birth Center Tour

**For Kaiser Permanente members who plan to give birth at Legacy Salmon Creek Medical Center**

Join an in-person tour of the Family Birth Center anytime during your pregnancy. Registration is required.

1 session, 1 hour

No fee for Kaiser Permanente members

Please note that siblings/children are not allowed on tours at this time.

Register online at [legacyhealth.org/Services-and-Resources/resources/classes-events](https://legacyhealth.org/Services-and-Resources/resources/classes-events) or get information by emailing [HavingABaby@lhs.org](mailto:HavingABaby@lhs.org).

## Salem Hospital Birth Tour – video

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

Families can watch a video tour of the Family Birth Center anytime during the pregnancy.

No fee for Kaiser Permanente members

Go to [salemhealth.org/fbc](https://salemhealth.org/fbc) and click on "Learn about the FBC."



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.

## Prenatal Breast/Chest Feeding Class

**For Kaiser Permanente members who are expecting a baby**

Learn about breast/chest feeding.

This video course is led by a lactation consultant. It focuses on important details you need to know about breast/chest feeding before and during the first few weeks after the birth of your baby.

1 session, 1 hour

No fee for Kaiser Permanente members

To register, please call **1-855-206-0302**.

You also can register online at [kp.org/appointments](https://kp.org/appointments). Click "Schedule appointment," then select Obstetrics and Gynecology as the reason for the appointment. Follow the prompts and make your selections to finish registering.



**NEW!**

**Baby and Me – support group**

**For Kaiser Permanente parents and their babies**

Get in-person support for breast/chest and/or bottle feeding.

This group is led by a lactation consultant. Come with your feeding questions and ready to connect with others.

Ongoing sessions, 2 hours each

No fee for Kaiser Permanente members

Locations: Beaverton and Salmon Creek medical offices

To register, please call **1-855-206-0302**. You also can register online at **kp.org/appointments**. Click “Schedule appointment,” then select Obstetrics and Gynecology as the reason for the appointment. Follow the prompts and make your selections to finish registering.



**Tool Kit for New Parents – webinar**

**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 learn baby care skills such as holding, diapering, bathing, swaddling, massage, and methods of soothing. You can explore what to expect as you become a family, plus strategies for making this transition smoother. Join a supportive group setting with other parents-to-be.

1 session, 3 hours

No fee for Kaiser Permanente members

A support person is welcome to attend with you.

To register, sign on at **kp.org/appointments**. Click “Schedule appointment,” then select Health and Wellness Education as the reason for the appointment. Follow the prompts and make your selections to finish registering.

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

## Breast/Chest Feeding – virtual support group

**For Kaiser Permanente members who would like extra support in their breast/chest feeding and/or pumping journey**

This video group visit is led by a lactation consultant.

Ongoing sessions, 1 hour each

No fee for Kaiser Permanente members

To register, please call **1-855-206-0302**. You also can register online at **kp.org/appointments**. Click “Schedule appointment,” then select Obstetrics and Gynecology as the reason for the appointment. Follow the prompts and make your selections to finish registering.



### Food fights?

Concerned about your family’s health and eating habits? Learn more in a recorded webinar (no additional cost). See page 15 for details.



## 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 for Kaiser Permanente members

To register, please call **1-844-394-3972**.

## 1-Month Pediatric Group Visit – virtual group

**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 group visit led by a Kaiser Permanente Pediatric team – including a pediatric clinician – to get answers you're looking for.

1 session, 1 hour

No fee for Kaiser Permanente members

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



### Want to know more?

- Visit [kp.org/healthengagement/pregnancy](https://kp.org/healthengagement/pregnancy).
- Visit [kp.org/healthengagement/kidsandfamily](https://kp.org/healthengagement/kidsandfamily).
- For vasectomy information or to make an appointment, please call **503-571-1245**. You also can schedule by signing on at [kp.org/appointments](https://kp.org/appointments). Select Urology Services then follow the prompts to make an appointment.
- Find programs and services near you at [kp.org/communityresources](https://kp.org/communityresources). Explore this directory of resources in your area – including programs for food, housing, childcare, utilities, employment, and more.
- Check out the online wellness programs at [kp.org/healthylifestyles](https://kp.org/healthylifestyles). They are for Kaiser Permanente members at no additional cost. More info is on page 54.
- Use the apps at [kp.org/selfcareapps](https://kp.org/selfcareapps)\*. They are digital personalized programs. *myStrength* helps you build a personalized support plan for pregnancy, early parenting, pain, nicotine recovery, stress, sleep, and mental health. *Calm* is the #1 app for sleep and meditation – designed to help lower stress, anxiety, and more. *Headspace Care* (formerly Ginger) gives you text-based emotional support coaching, available 24/7.

\*Only available to Kaiser Permanente members with medical coverage.