

## 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

What is a birth plan? How do you manage labor pain? Are you going to breastfeed your baby? Learning more about the labor and birth process, new parenting issues, and your options allows you to more confidently make decisions in this experience. Join a supportive group setting to prepare yourself, and share ideas and resources with other pregnant women and their partners.

Your class fee includes the guide *See What You Read: Understanding Birth* (a \$10 value).

You have a choice of taking this class in 5 sessions (2 hours each) or 2 sessions (5 hours each).

Members \$70

Nonmembers \$110

Teen members \$10

A support person is welcome to attend with you.

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

### Preparation for Birth – Online

Learning more about the birth process, new parenting issues, and your options allows you to more confidently make decisions about your experience. Registering for the program gives you *The Gift of Motherhood* book and a password you can use anytime to access the online program that includes audio, videos, information you can download and print, and links to other sites. The password is valid for 6 months after you register.

Members \$70

Nonmembers \$110

Teen members \$10

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

### NEW!

### Healthy Pregnancy

Healthy Pregnancy is a weight management program for pregnant women who are overweight (have a body mass index (BMI) over 25. To figure out your BMI, go to [kp.org/calculators](http://kp.org/calculators)). The program is led by a registered dietitian. It is phone and web-based – tailored to busy schedules. Participants will receive guidance for healthy meal planning, exercise during pregnancy, and tools to track weight and goal setting to avoid too much weight gain.

Weekly phone sessions for Kaiser Permanente members who are pregnant

No fee

To register, please call 503-286-6816 or 1-866-301-3866 (toll free) and select option 2.





## 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 (toll free), option 1.

## Hospital Birth Tour

A hospital birth tour provides information about your birth experience, from admission to discharge. You will have the opportunity to see your hospital's labor, birthing, and family rooms. Register early (in your fifth month) and attend the tour during your seventh or eighth month of pregnancy. Children 12 and older are welcome to participate.

### Tour Locations

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

Free for Kaiser Permanente members

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

## Salem Hospital Birth Tour

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

Free

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

## Tool Kit for New Parents

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.

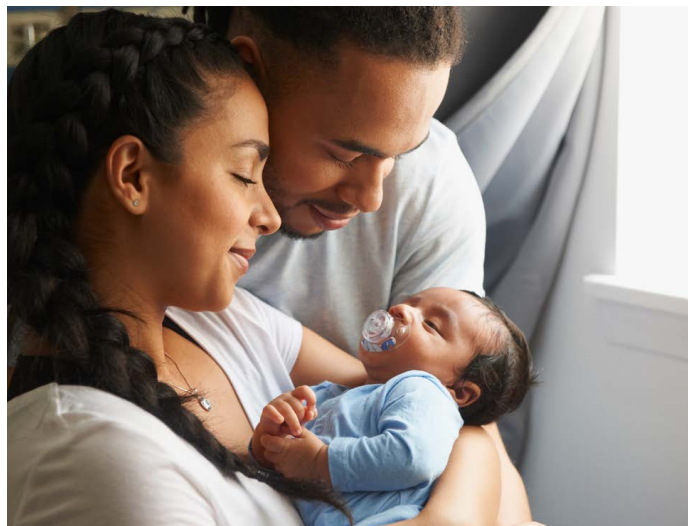
1 session, 2 hours

Members \$20

Nonmembers \$40

Teen members \$10

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



## Food fights?

Concerned about your family's health and eating habits? Learn more in a free webinar. See page 7 for details.



## Group Prenatal Visits

CenteringPregnancy™, also known as group prenatal care, includes prenatal (before delivery) and postpartum (after delivery) visits. This is a special care experience where you get extra prenatal care and the support of other moms-to-be. To learn more about CenteringPregnancy or to sign up, please call 503-381-6633.

## Breastfeeding Support Group

Do you have questions about breastfeeding your baby? Get help at our drop-in support group for Kaiser Permanente members.

No fee

For more information, please call 1-855-206-0302 (toll free).

## New Parent Support Group

Learn and share info about postpartum adjustment, sleep, feeding, play, and more with other new parents. Your baby is welcome to attend with you.

Weekly, 90-minute meetings for Kaiser Permanente members.

No fee

Registration is required. Please call 1-866-301-3866 (toll free) and select option 1.

## 1-Month Group Pediatric Visit

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 pediatrician, a pediatric advice nurse, and a lactation consultant.

During your hospital stay, we will call you to help schedule this and other follow-up visits. If you would like to sign up before that, or if you have questions, please call 1-855-206-0302 (toll free).

No fee





### **NEW!** **My Body After Baby**

Information and exercises are provided for postpartum members to learn how to return to normal physical activity. Class topics include returning to normal bowel and bladder function, managing postpartum back and pelvic pain, caring for the pelvic floor muscles, and improving posture and body mechanics with child care. This will soon be offered in a virtual, interactive format.

1 session, 1.5 hours, for Kaiser Permanente members (newborns also welcome).

#### **Location**

Westside Medical Center

To register, please call 1-844-394-3972 (toll free). You also can register by scheduling an appointment on [kp.org/appointments](https://kp.org/appointments). Under "Select a reason for the 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.
- Share information and support at [facebook.com/HealthyFamilyNW](https://facebook.com/HealthyFamilyNW).
- Go to [kp.org/video](https://kp.org/video) to watch a video on newborn care.
- 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 and an appointment, please call 503-571-1245.