

A pregnant woman with dark hair, wearing a light blue tank top and black leggings, is running on a paved path. She is looking slightly to her right with a focused expression. The background is a soft-focus landscape of tall grasses under a clear blue sky with light clouds. The lighting suggests it's either early morning or late afternoon.

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 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 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

### 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 Q&A – webinar

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

Families can join an info session of the Family Birth Center anytime during the pregnancy. Registration is required.

1 session, 1 hour

No fee for Kaiser Permanente members

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."

## Prenatal Breastfeeding Support Group – virtual group

**For Kaiser Permanente members who are getting ready to breastfeed**

Prepare for your successful breastfeeding experience and learn tips and tricks to get through the first weeks after delivery.

Virtually meet with other soon-to-be parents who plan on breastfeeding. You'll learn from one another and become prepared for what to expect. This group is led by an International Board Certified 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](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.



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.

## 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](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.

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

## Postpartum Breastfeeding Support Group – virtual group

### For Kaiser Permanente members who are breastfeeding

Get ongoing education and support for breastfeeding.

Do you have questions about breastfeeding your baby? Meet other parents and discuss topics related to breastfeeding and the care of your newborn. The group is led by a lactation consultant.

Ongoing sessions, 1 hour each

No fee for Kaiser Permanente members

For more information or 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.

## 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 and a lactation nurse – 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**.



### Food fights?

Concerned about your family's health and eating habits? Learn more in a recorded webinar (no additional cost). See page 13 for details.

### 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 49.
- Use the apps at [kp.org/selfcareapps](https://kp.org/selfcareapps)\*. They are digital personalized programs. *myStrength* includes interactive activities, in-the-moment coping tools, inspirational resources, and community support. Topics include pregnancy and early parenting. *Calm* is for relaxation, sleep, and dealing with emotions – designed to help lower stress, reduce anxiety, and more. *Ginger* gives you text-based emotional support coaching, available 24/7.

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