

PRENATAL HEALTH EDUCATION



Congratulations on your pregnancy! Your health and safety during pregnancy are important to us. Take charge of your health with our classes and programs. You may also visit kp.org/pregnancy for more information.

Call the Center for Healthy Living at 30 Weeks to Register: 619-641-4194

| | |
|---------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Prepared Childbirth</p> | <p>Virtual Workshops: Review labor and delivery basics. 4-week multi-session, 1.5 hours, \$96.00/Couple, Payment due at time of scheduling.</p> |
| <p>Breastfeeding with Success</p> | <p>In-Person Workshop: Learn healthy breastfeeding skills. 1-session, 1.5-hour program. Partner or spouse welcome, please mention guest at time of scheduling.</p> |
| | <p>Virtual Workshop: Learn healthy breastfeeding skills. 1-session, 1.5-hour program.</p> |
| <p>Medical Center Maternity Tour</p> | <p>Virtual Tour: Become familiar with where you will be delivering your baby. Take a virtual tour of facilities and know what to expect when it is your time to give birth. Tour is available online only. 1-session, 1-hour program.</p> |
| <p>Baby Care Basics</p> | <p>Virtual Workshop: Learn basic care and needs for a newborn. 1-session, 1.5-hour program.</p> |
| <p>Infant CPR</p> | <p>In Person Workshop: Learn how to do infant CPR in case of emergencies. This workshop will help you become familiar with basic CPR techniques. 1-session, 1.5-hour program.</p> |
| <p>Q&A Session</p> | <p>Weekly Live Q&A Session with an Expert. Chat about pregnancy and life after birth with certified Maternal Child Wellness professional. Visit https://positivechoice.org/chl/healthy-moms-and-new-baby/ Managing Expectations Pre-Birth: Mondays from 12pm to 1pm Troubleshooting Everything Post-Partum: Thursdays from 12pm to 1pm</p> |