Postnatal Support

3698 California Street
415-600-2229
www.cpmc.org/newbornconnections

Lactation Warm Line
You are home from the hospital and realizing that you have questions! Maybe you're not feeling as confident about breastfeeding as you would like. It's normal to have additional questions or to need reassurance during the early weeks and even beyond. We're here to help!

Lactation Consultation
We recommend an appointment with a lactation consultant if you are concerned about your milk supply, have continued pain during feeding or are concerned about a possible breast infection, are using a nipple shield, have a premature baby or are concerned about your baby's weight gain.

It’s Not Just About Breastfeeding!
Ask your breastfeeding questions and more. Exchange information and ideas with other new moms. Facilitated by a member of our lactation support team.

For Breastfeeding Related Questions call 415-600–6243
Lactation Support Staff return calls
Monday - Friday, 10am - 4pm
Saturdays, 10am - 2pm

Schedule appointments by calling 415-600-2229
Monday - Friday, 10am - 4pm
Saturdays, 10am - 2pm
Request a referral from baby's pediatrician
Referral fax line: 415-752-0469
* contact your insurance company to verify coverage

Tuesdays, 10am -11:30am
Fridays, 10am-11:30 am
$5.00 Drop In or Pre-register
www.cpmc.org/newbornconnections
Community Room
3698 California Street, first floor

Baby Steps to Parenthood
Parenthood can have its ups and downs, especially during the first few months. Join other new parents and discuss the joys and anxieties of adjusting to new responsibilities and changed routines. This is a facilitated group.

Mondays, 11am -12:30pm (3-6+ months)
Wednesdays, 11am-12:30pm (0-3+months)
$5.00 Drop In or Pre-register
www.cpmc.org/newbornconnection Newborn Connections Learning Center
3698 California Street, 2nd floor

Working Parents
Join other working parents with young kids to share the highs and lows of juggling a family and a career. Topics include: managing childcare, pumping and breastfeeding, nighttime parenting, and ways to stay connected to your child and your partner. This is a facilitated group.

First Saturday of each month
10am-11:30am
$5.00 Drop In or Pre-register
www.cpmc.org/newbornconnections
Conference Room ABC
3700 California Street, just off the cafeteria
Postnatal Classes

Continuing to making those connections as your little one grows!

CPR and First Aid for Toddlers
You have recently heard about an event involving a little one in or near your life. The distressing news has made you realize that your toddler is becoming more and more active. The potential of choking, drowning, head trauma/falls, seizures, poisoning, bleeding and burns, has increased ten fold. This wake-up call brings back those feeling that inspired you to take CPR and First Aid for Infants prior to your little one being born.
Our 2.5 hour class utilizes state-of-the-art feedback mannequins for real time assessment and an Automated External Defibrillator (AED)

GREAT FOR PARENTS, GRANDPARENTS & CAREGIVERS!
Offered Once a Month
For Specific Dates and Times
www.cpmc.org/newbornconnections
$60.00 Per Person!
CPMC California Campus
3700 California Street
Bothin Conference Room, basement- off of Cafeteria

Infant Massage
Come learn how to give your baby a full-body massage!
Sharing loving touch with your baby builds attachment, respect and trust as you learn to calm, delight, and ease fussiness in your little one. Massage enhances well-being, brain development, immune & nervous system health, circulation, digestion, relaxation & sleep. It can relieve gas, constipation, colic, and stress. BEST OF ALL - IT’S FUN!

CLASSES ARE SUITABLE FOR BABIES 6 WEEKS THROUGH PRE-CRAWLING!
Offered the First Wednesday of each Month
Registration required
www.cpmc.org/newbornconnections
$70.00 Per 2 adults and baby!
3698 California Street
Newborn Connections Learning Center, 2nd floor

Starting Solid Foods
A healthy relaxed approach to beginning complimentary food for your baby. Find out how to tell when your baby is ready for solid foods. Learn which foods to offer first and which to avoid. Instructor is Mary Ellen DiPaola, Registered Dietician and International Board Certified Lactation Consultant.

Presenting the Latest Trends & Updates!
Offered the Second Thursday of each Month
Registration required
www.cpmc.org/newbornconnections
$15.00 Per Family!
3698 California Street
Newborn Connections Community Room, 1st floor