



# Expect great care when you're expecting

## Maternity care at Kaiser Permanente

More than 8,100 babies<sup>1</sup> were born at Kaiser Permanente last year. That's a lot of glowing moms-to-be, nervous partners, and adorable new arrivals. We make sure having your baby with us is a special time for you and your growing family.

### Personalized care from a dedicated team

Your prenatal care team is there to help keep you and your baby healthy, empower and support you throughout your pregnancy, and help you have the birth experience you want. Your first step is choosing a provider:

**Obstetricians** are doctors who care for pregnant women and deliver babies. All of our ob-gyns are board-certified or board eligible—that means they've had extra training to become highly skilled in their field.

**Certified nurse midwives** are Advanced Practice Registered Nurses who have a graduate degree in midwifery. In addition to low-risk pregnancy care and delivery, they can provide general reproductive care, prescribe medication, order lab tests, and diagnose conditions.

### Supporting your pregnancy

We're here for you before, during, and after the birth of your baby.

Visit [kp.org/classes](https://kp.org/classes) to explore online classes and programs for expecting parents—including:<sup>2</sup>

- Preparing for childbirth
- Breastfeeding
- Newborn care

Go to [kp.org/maternity](https://kp.org/maternity) for in-depth resources for every stage of pregnancy, labor and delivery, and your baby's first few weeks at home. Come back often for articles, checklists, videos, virtual tours, and more.

*(continues on back)*

[kp.org/maternity](https://kp.org/maternity)

 KAISER PERMANENTE®

(continued from front)

## Planning for a positive delivery day experience

Giving birth is hard work—but you get an amazing reward at the end. Making a birth plan lets you tell us how you envision your day, so we can do our best to honor your wishes and help you have a safe, positive experience.

- Download a birth plan at [kp.org/birthplan](https://kp.org/birthplan).
- Fill it out and share it with your prenatal care provider.
- We'll add it to your digital health record so your care team can review it on delivery day.

## Breastfeeding your baby for a healthy start in life

Experts recommend feeding your baby nothing but breast milk for the first 6 months. Learning to breastfeed can take time—many new moms struggle at first.

If you choose to nurse your baby, you'll get plenty of support from us. Board-certified lactation consultants are available to support you in the hospital and after you go home.

## If you and your baby need specialized care

Learning that your pregnancy is high risk can be scary—but many of our high-risk moms-to-be have healthy pregnancies and healthy babies. Any specialty prenatal care you may need will be built into your maternity care plan.

If you're high risk, you'll see a perinatologist who specializes in complicated pregnancies. And if your baby needs extra TLC, our highly trained neonatal intensive care teams provide specialized care for newborns with unique needs.

## A healthy birth is just the start

Have questions? Most new parents do, and your Kaiser Permanente care team's here to help answer any concerns you have about your newborn care. Simply give us a call! And make sure you're registered on [kp.org](https://kp.org) so you can save time and manage your little one's care online or through our mobile app.

<sup>1</sup> In all Kaiser Permanente regions.

<sup>2</sup> Some classes may require a fee.

[kp.org/maternity](https://kp.org/maternity) 

